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IT'S A THOUGHT...

Why Denise NEVER cooks Xmas dinner!

Carol
Vanessa
Ann

THE THREE WISE WOMEN OF CHRISTMAS

We know about the men – but here's the *best* wisdom

NO KIDS ALLOWED!

Why I'm spending Christmas on a camel...

THE RULE OF SEVEN...

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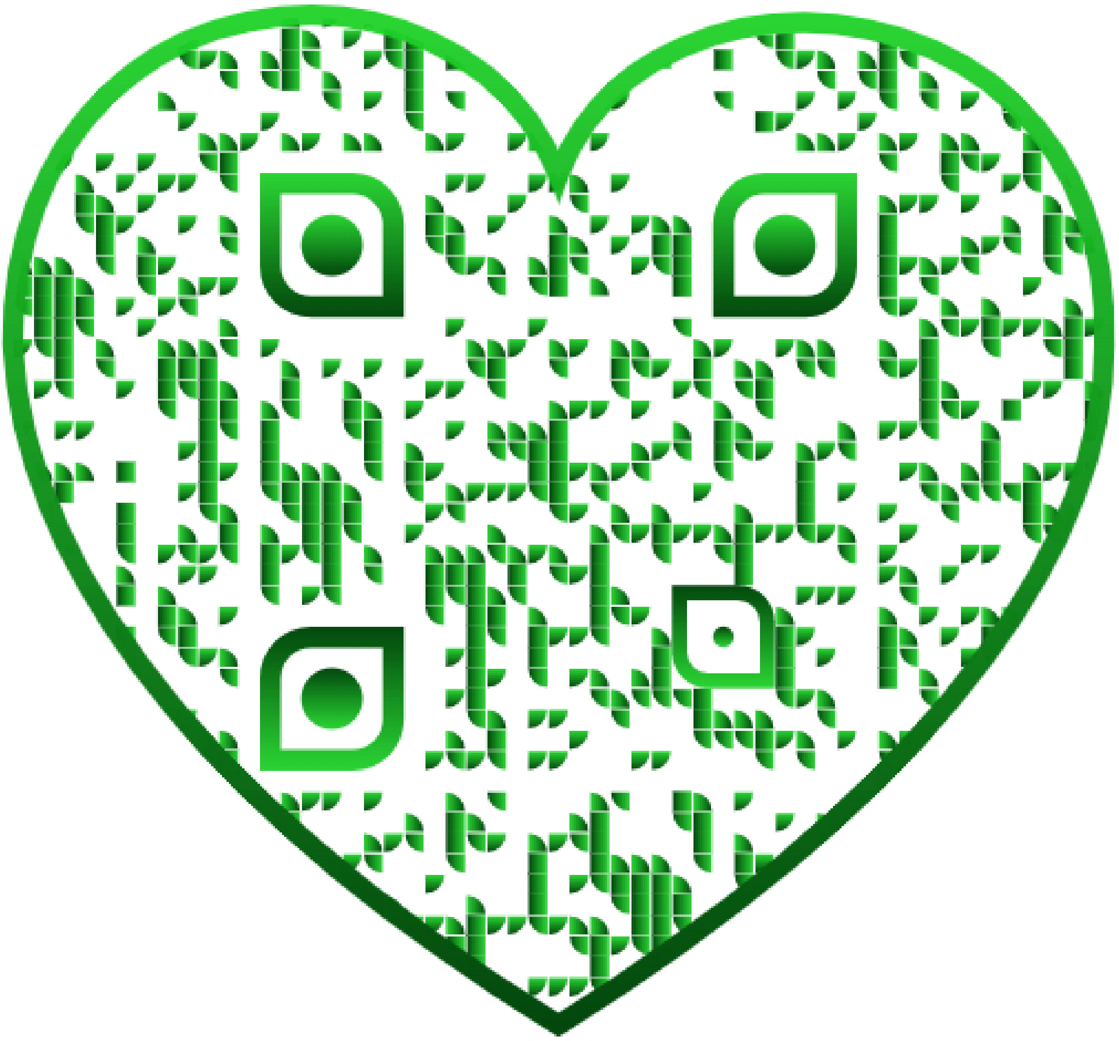
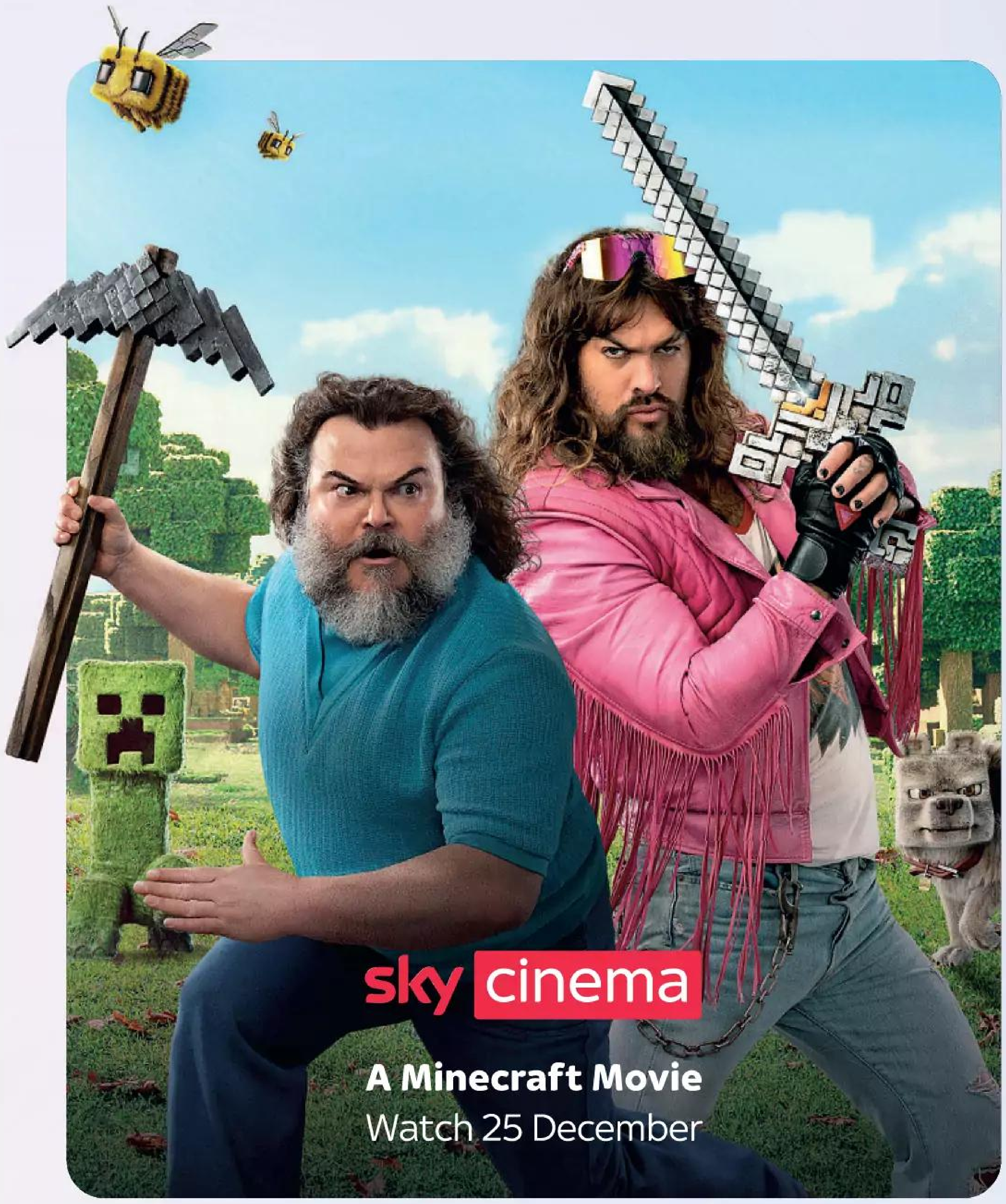
I'M A CELEB...

THE WEIRD JUNGLE RULES THEY HAVE TO FOLLOW!





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WEIRD RULES & GORGEOUS GONKS!

£5, Next
£19.99, Dobbies
£15, Matalan

***I'm a Celeb* on Sunday (9pm ITV). I can't wait. Ruby Wax, Martin Kemp, Lisa Riley, the perfect mix for *best*...**

But hands up who knew some of the weird rules these celebs need to follow? Firstly, you are only allowed to take THREE pairs of pants with you... yuck! All us ladies know we need 15 pairs of pants – even for one night in a hotel!

The crew also encourage the women to shower to stop 'fungal infections forming inter breasts...' What? Is this a thing?

I get the weather may be humid, but I've never heard of fungal boob infections...

Another one that surprised me is that weight-loss meds are allowed in... who's on the jab, I wonder?

Look out for the person not bothered by the food portions...

Meanwhile, in my ongoing quest to bring some fun to your Christmas, here are three of my favourite Scandi gonks. This plush gonk in fab stripey tights and furry boots, who is now guarding my tree, is from Matalan for £15. The 35cm Grinch-like 'Gronk', £19.99, is from The Three Kings at Dobbies. And finally, the light-up nose gonk at Next. You'll need two AAA batteries, but these tiny men cost just £5 each. I've got two – perfect for the mantelpiece.

Happy Christmas!

EDITOR IN CHIEF
SIOBHAN WYKES

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• **Please let me know your thoughts, siobhan.wykes@hearst.co.uk**

START YOUR week with a smile

1

I'M A CELEB IS BACK – WITH A MILESTONE BIRTHDAY!

You know festive TV season has begun when Ant & Dec return to our screens for another year of *I'm a Celeb* – and what a cracking lineup for 2025! It's also hard to believe, but Ant McPartlin is actually turning 50 during the show's filming... What ever happened to the teenager of PJ & Duncan?

2

4

Put Gen Z in charge?

Our brilliant columnist Helen Lederer held her Comedy Women in Print Awards last week at the Groucho. And what a blast it was – Ed-In-Chief Siobhan partied the night away with the likes of Alison Steadman and Janet Ellis, and met some brilliantly witty up-and-coming talent. Watch out for the runner-up, who thought the problem with the world was that young people need to mentor older people, not the other way round – so we are sending her out to do just that! Keep reading...

WORDS: *HELEN PIKE, JENNY MEDLICOTT, RACHEL COPE*
PICTURES: *GETTY IMAGES, ITV, GLENN GRATTON, MATT CROCKETT*

Who **wowed** the crowd?

Celebs are turning up the heat this winter – and doing it in fluffy fabulousness. From Rita Ora's bold bubblegum pink moment to Elle Fanning's icy-blue fairytale vibes and Ciara's creamy, snow-queen chic, these looks prove that cosy can still be seriously glam.

Rita Ora, Elle Fanning and Ciara get stylish – and practical – for wintry red carpets

SANTA, HERE? I KNOW HIM!

3

Way too tall and not so great at his job, Buddy, the North Pole's biggest misfit when it comes to Elves, is currently in London. And the kids are loving the *Elf* musical at the Aldwych Theatre as much as the adults. Vanessa Feltz and Dani Dyer were among the first to see it. For more info visit: elflondon.com.

YES WAY, ROSÉ!

M&S has given mulled wine a major makeover, introducing a spectrum of selection beyond the traditional offering. Its Rosé Mulled Wine, £6, actually first hit shelves a decade ago for a limited time, but is back on this year. It's the perfect option for those looking for a lighter flavoured alternative. On the other end of the spectrum is its Maple Mulled Wine, £6, which also features a hint of brandy for those wanting an extra kick!

5

EXPERTLY BLENDED
RED MULLED WINE
M&S
EXPERTLY BLENDED
ROSÉ MULLED WINE
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EXPERTLY BLENDED
MAPLE MULLED WINE
M&S

START YOUR *week with* a smile

Now

Fashion *throwback*

6 Salma Hayek rarely gets it wrong on the red carpet, but in recent years her fashion prowess has never been better. Think gorgeous fabrics, vibrant colours and styled to show off, not hide, her figure. Most recently, she glammed up in sequins from Gucci – we love the flared sleeves!

Salma Hayek's style always makes an impact – check out these glam green looks

8

NEW STRANGER THINGS IS COMING...

Season five, volume one of *Stranger Things* drops on 26 November on Netflix after a very patient, three-year wait for new episodes (see our TV pages for more!). However, fans will have to wait until Christmas Day for volume two, and New Year's Day to say their last goodbyes to Hawkins with an epic finale episode. We can't believe after almost nine-and-a-half years, this spectacular show is coming to an end...

WORDS: *HELEN PIKE, JENNY MEDLICOTT* PICTURES: *GETTY IMAGES, NETFLIX*

7

KATE'S HEARTFELT MESSAGE

The Princess of Wales became a patron of Evelina London Children's Hospital in 2018. Now, on its 20th anniversary, she's released a heartwarming message to celebrate the important milestone. Kate commended the hospital for being a place that 'symbolises love, healing and hope' before adding she was 'filled with hope' for its future. We couldn't agree more, Kate!

9

A Grinch-mas reunion

It's the reunion we didn't know we needed, but we couldn't help but beam when *The Grinch* stars Jim Carrey and Taylor Momsen were seen together for the first time in 25 years. Walking the Rock & Roll Hall of Fame red carpet, the pair exchanged a hug before posing for a photo together and fans couldn't get enough. Talk about a trip down memory lane!

10

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With prices always increasing, it can be hard to find good value gifts that feel like a treat, too, which is why we love the selection of sets from Q+A Skincare. From its Merry + Bright Bauble, £10, with a duo of products, to its Skincare Treats, £15, each has a selection of items designed to be both useful and luxurious in one go. Find them at Boots, Holland & Barrett and qandaskin.com.

Denise Welch has made a Christmas confession none of us could have seen coming...

'I'm 67 but I've never cooked a Christmas dinner!'

Christmas dinner is a highlight for many people on 25 December when we can sit down to enjoy a tender turkey and crispy roast potatoes, all whilst surrounded by our loved ones.

But often, the journey it takes to get there can leave the kitchen looking like something from a disaster zone – and the chef behind it all wondering if it was worth the mess.

It seems, however, this hasn't been a problem for *Loose Women*'s Denise Welch after she recently admitted that in her 67 years of living, she's never actually cooked a Christmas dinner before.

Speaking on the *Loose Women: Just Between Us* podcast, the TV personality revealed: 'I've never cooked a Christmas dinner in my life.

'Actually, that's a confession,' she continued. 'I'm 67 years old, and I've never cooked a Christmas dinner in my life!'

Unsurprisingly, she was met with a gasp of disbelief from her co-host Judi Love, who quizzed her on how she'd gone so many years without cooking up a festive platter.

Denise explained: 'So, I'm quite happy doing a one-pot meal or a Bolognese or a lasagne or something like that, all those pots and pans and stress and getting everything ready at the same time, I just can't do it.'

Plus, it seems like Denise had a bit of a helping hand over the years, as she added: 'My ex-husband, Tim [Healy], he does a great big ham with the best crackling you've ever had in your life.'

Denise said her family's typical Christmas dinner includes the aforementioned ham, baked potatoes, coleslaw and the northeastern delicacy, pease pudding. That definitely sounds like a slightly more regional take on the classic Christmas dinner!

Elsewhere, the TV personality also revealed that she often goes away in the two weeks before Christmas to avoid festive shoppers, whose behaviour she finds frustrating.

She admitted: 'I want to go into a supermarket and shout: 'We are not at war! You do not need 18 bags of sugar [...] because your Aunty Flori is coming. You do not need 94 bags of potatoes and you don't need the whole of the bread aisle, you really don't!'

This year, Denise said she will be spending the big day away from her son, Matty, for the first time. Matty is set to be in Los Angeles with his American fiancée, Gabbriette Bechtel, and will be joined by his mum at a later date.

Well Denise, you might have to spend Christmas Day separated from Matty, but at least you won't have to worry about the dinner!

Denise is not with son Matty for Christmas

She's never cooked the festive meal

> 'All those pots and pans and stress... I just can't do it'

WORDS: *JENNY MEDLICOTT* PICTURES: *GETTY IMAGES, SHUTTERSTOCK*

After last year's Sandringham sighting, we're predicting what our loveable little Prince has asked Father Christmas for this year...

All Louis wants for Christmas!

At just seven years old, no one is embracing the true magic and belief of Christmas in the Royal household, quite like little Prince Louis.

It's no secret that the Princess of Wales ensures that despite her children's unusual upbringing, the three of them experience as normal a childhood as possible – particularly when it comes to the festive season!

Reportedly, the tradition goes that on Christmas Eve, George, 12, Charlotte, 10, and Louis receive special gift boxes often filled with homemade goodies, opening them with the Royals and their maternal grandparents, Carole and Michael Middleton.

As for what might be on Prince Louis' list this year, you only have to look at his face from Christmas Day last year at Sandringham.

Leaving St Mary Magdalene Church on the Norfolk estate with his parents after the service, little Louis appeared delighted with the presents he received from the public, which included a box of Cadbury's chocolates, Christmas crackers, bouquets of flowers, and an array of stuffed toys.

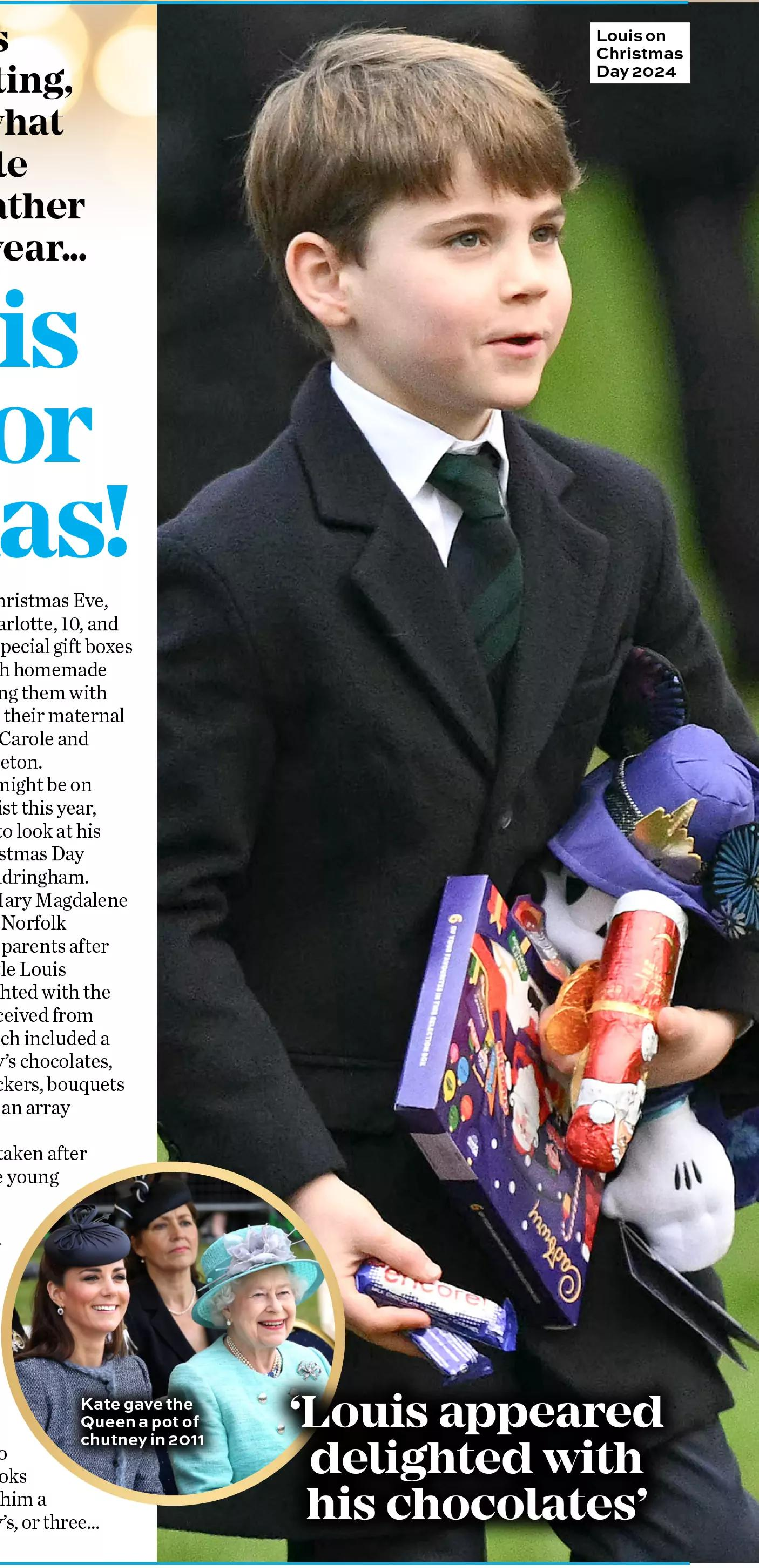
In one snap taken after the service, the young Royal could be seen grinning from ear to ear as he carried in his arms his gifts, almost like he'd just won the lottery!

So, if you want to get into Louis' good books this year, send him a box of Cadbury's, or three...

Royal gifting

It's been reported that joke or homemade gifts are encouraged in the Royal household... Harry allegedly once gave the late Queen a shower cap with 'Ain't Life A B***h' on it, while Anne gave Charles a personalised leather toilet seat. Kate revealed that for her first Royal Christmas in 2011, she was nervous about her present for QEII – a pot of chutney made from her granny's recipe – but she was relieved when it was on the Christmas lunch table the next day.

WORDS: DANIELLE SOUTHWOOD PICTURES: GETTY IMAGES



Louis on Christmas Day 2024

Kate gave the Queen a pot of chutney in 2011

'Louis appeared delighted with his chocolates'

THE THREE wise women...

Witty, warm and full of wisdom – that's why Carol McGiffin, Ann Widdecombe and Vanessa Feltz are the *best* columnists! Here, they share their Christmas plans with Ed-in-Chief Siobhan Wykes...

What do you want, I mean really, *really* want for Christmas? For me, my three main asks would be a peaceful one with the family, a laugh with great friends – and yes, a trip to Midnight Mass. So we asked our agony aunt Vanessa, our Catholic convert Ann, and our witty but wise Carol for their thoughts on *best* ways to enjoy the holidays

CAROL: Where will you be spreading your Christmas joy this year, France?
No. Here, Cheshire, 'up North', with Mark's family. It's the first time in five years we've been in the UK. Thankfully, I'm not cooking the dinner. A wise woman does not cook. We normally go out. It will be turkey and all the trimmings for me. No mince pies. I hate those! I love mulled wine, though.
ANN: Me, too. If people want a mince pie at my house, they must bring their own. I loathe them. I love mulled wine, too, though, we have the same taste in that way! I don't like Christmas pudding, either and I don't think I'm alone in that. Stir-up Sunday holds no charms for me at all.
CAROL: I count the days down to my first glass of mulled wine, especially at a Christmas market. And I love a walk. If I lived on Dartmoor like you Ann, I'd be walking all the time.

VANESSA: Where will you be?
In Ireland, all dressed up for Santi (that's Irish for Santa). I think Christmas is all about the children and the magic. I have four grandchildren – Neroli, 10, who says Christmas music must begin at the end of October. Zeke, 10, AJ, five, who loves *Father of the Bride Part II*. I think that is my fault, we watched it last Christmas and he has watched it about once a week ever since. The youngest, Cecily is three, but they talk about Christmas all the time.
ANN: I agree with Vanessa about children – my godchild is 11. I love being around the chaos of present opening.

CAROL: Would you say Christmas should be all about children?
I'm not a fan of children. If they are around, Christmas is not about me, it's about the kids.
VANESSA: Seriously?
CAROL: Really [*cackles with witch-like laughter*]!
VANESSA: I think children are wonderful.
CAROL: I know, but that is all about you, Vanessa! I'm talking about me.

Carol
Ann
Vanessa

ANN: How do you spend Christmas Day?
I walk on Dartmoor every Christmas Day unless it's icy. I love the wildness. The only other place as beautiful is the Scottish Highlands. They are particularly beautiful. Walking in crisp air makes you contemplative and that is not unique to religious people. It's a wonderful way to think about life. And should it snow, I like to build a snowman. Not that that has been possible for a while.

Do you have a real tree?
No, I was scarred as a child by pine needles we used to find in our house for goodness knows how long, so that put me off. I've always had a false tree – but I do have three – one in the lounge, one in the library and one in the conservatory. I love the light – and I have a crib in the hall and cotton wool around it as snow.

Where is your favourite place to have Christmas?
Someone else's house [*laughs*]. No seriously, the family might come but I really don't mind what day we celebrate, it could be Boxing Day or later, we all just need to remember the true meaning of Christmas. It is not about an excess of materialism or feasting; it is about the dawn of redemption. Even if you don't see it that way, I think

CAROL WEARS: *SEQUIN DRESS, LOVE & ROSES AT NEXT; SANDALS, NEW LOOK; EARRINGS, QUIZ.* VANESSA WEARS: *DRESS, GODDIVA; SHOES, RAVEL; EARRINGS, PINAR OZEVLAT.* ANN WEARS: *SEQUIN TOP, ROMAN; TROUSERS, DAMART; SHOES & EARRINGS ANN'S OWN*

Turn over for more

it is just worth remembering what we are celebrating. I go to Buckland Abbey, renowned for its music on Christmas Eve – also renowned for its honey.

VANESSA: What is your advice for getting through Christmas?
It's not a competition. There is no prize for getting it right – and just because the adverts make it look like everyone else is having the most magnificent Christmas – a regal turkey, an incredible floral arrangement, everyone is getting on happily ever after and getting on with their exes and in-laws, it is NOT true. That is fiction.

So, what is the answer…
Don't torture yourself. Women tend to make Christmas martyrs out of themselves. You should just do you. If your family like to have Christmas Day in their pyjamas, then do that! If they like shepherd's pie more than turkey, serve that – and if holly-wreath making isn't your forte, then don't bother doing it. If what you are really trying to have is a low-key relaxed day, give yourself that gift!
CAROL: And don't buy people presents. Seriously, It's usually something they don't want anyway. Mark and I just treat each other to a holiday in January.

VANESSA: Do you like to dress up for the Big Day?
The Christmas outfit is my favourite thing about the day! You know I love a sequin and a sparkle! Pink sparkly boots, a gold sheen on my cheeks, Christmas pudding earrings or chandelier-style ones… and, of course, the family matching PJs on Christmas Eve are a tradition now.
CAROL: I love to dress up as well. I always wear something smart. At least a nice jacket. I like the colours of Christmas – red and green, but not a Gyles Brandreth-style jumper.
ANN: I like a Christmas jumper. I have two. One says Merry Christmas, the other is a tree.

ANN: What is your favourite Christmas film?
The one with the apprentice angel, Clarence. *It's a Wonderful Life*.
CAROL: I love finding new ones – the worse the better. The one by Lindsay Lohan last year – *Our Little Secret* – was so appalling, it was fantastic! I also like to watch *Home Alone*, every year.

ANN: You are a Catholic convert, aren't you? Is that harder than being a cradle Catholic?
Yes. When you convert, you have to say out loud that you believe the teachings are the truth revealed by God. So, unless you are prepared to commit a serious act of perjury, you must believe that. If you are born a Catholic, you tend to think that doesn't matter so much. So, my Christmas means Midnight Mass, followed by mulled wine, then I go to bed and I don't set the alarm.

'Being a good fairy is so tedious'

Do you send cards?
I aim to have all my (religious) cards written and ready to post by 1 December – with religious stamps. I always ask for those. I also buy a religious advent calendar, not one full of chocolate! But even that is getting harder and harder.

Do you buy your cat a present?
Well, it's not the strictest of rituals but it has been known, and I always give Aloysius just a little bit more to eat. He probably has enough toys now, but he gets a lot more cuddling. He has no clue at all that it is Christmas – or his (almost) birthday – as I got him the week after.

Why did you get him…
A neighbour had to move to a main road. I promised myself I would never get another cat as I like to travel, but here we are and I adore him. (Check the WiddyWeb for more on her love of cats.)

ANN: You have played many panto parts, which one have you loved the most?
Widdy in Waiting with Craig Revel Horwood was wonderful. I also played the Wicked Queen, twice. Being a good fairy is tedious.

Any final tips for readers?
Buy your crackers in the January sales. I always do. Why waste money?

PICTURES: NICKY JOHNSTON, HAIR & MAKE UP: CARL STANLEY, STYLIST: JULIE PLAYER

READER EVENT
best

Not That I'm Bitter...

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HELEN LEDERER

We are thrilled to introduce our very first *best* live event! Our fabulous columnist, Helen Lederer, is joining me for an informal chat on the 10 December and *YOU* are invited! This exclusive evening will take place in the home of entertainment, Leicester Square. Join us for a glass of bubbly, an evening with the wonderfully entertaining Helen and a Christmas goodie bag to take home. You will also be able to purchase a signed copy of *Not That I'm Bitter*, Helen's brilliantly funny and honest memoir.

Siobhan

NOT THAT I'M BITTER...
An evening with Helen Lederer

- ★ **DATE:** WEDNESDAY 10 DECEMBER, 6PM UNTIL 8PM
- ★ **WHERE:** HOUSE OF HEARST, 30 PANTON STREET, LONDON, SW1Y 4AJ
- ★ **TICKET:** £20, INCLUDES A GLASS OF BUBBLY, CHAT WITH HELEN LEDERER AND A CHRISTMAS GOODIE BAG TO TAKE HOME.

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PICTURE: NICKY JOHNSTON

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£25, Autograph at M&S

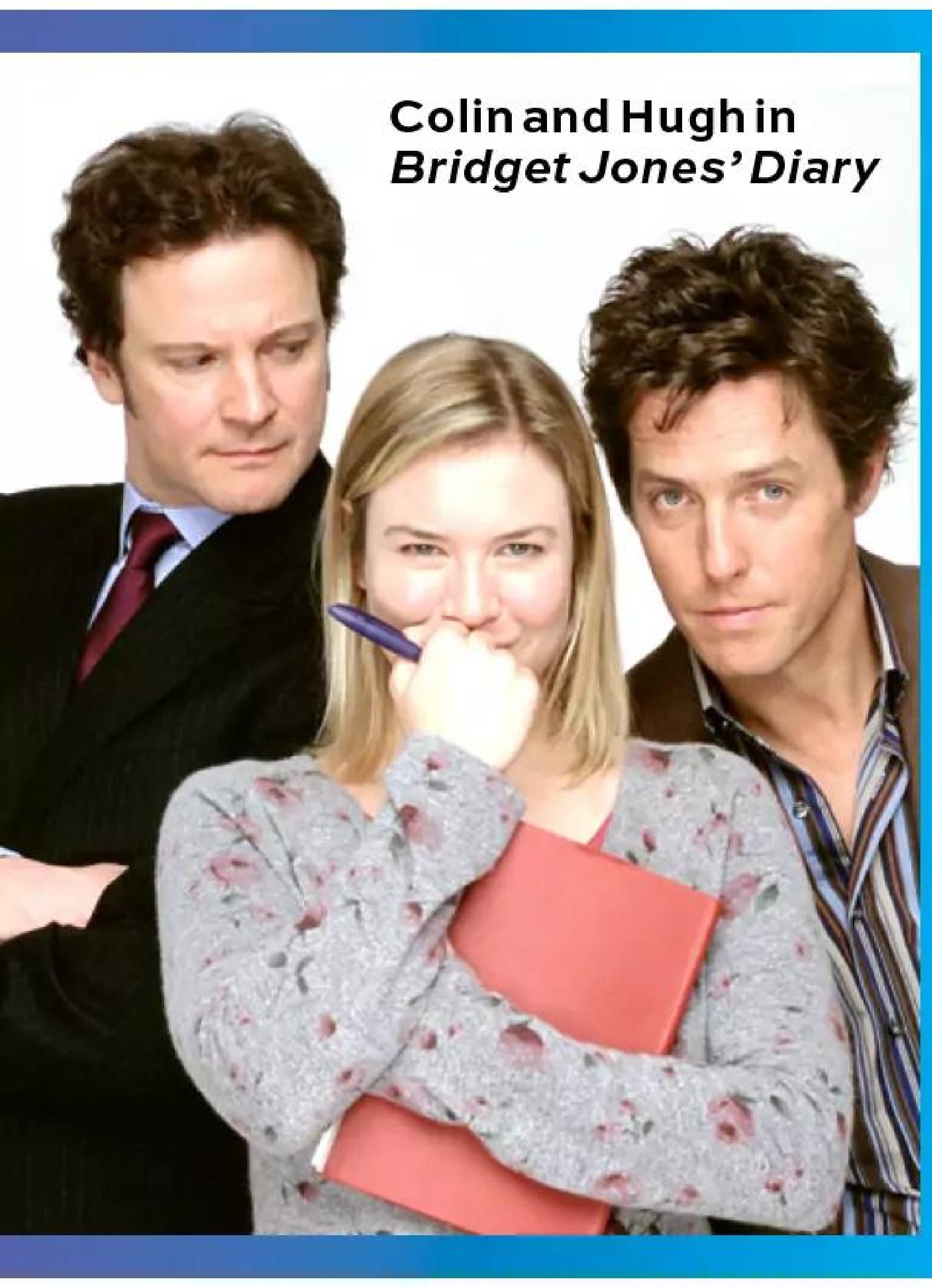
£34.90, Uniqlo

‘Jeremy and I are like Colin and Hugh in *Bridget Jones*’

Piers Morgan hilariously tells *best* why he and Jeremy Clarkson could be shoo-ins for Colin Firth and Hugh Grant

If there were ever a remake of *Bridget Jones’ Diary*, 60-year-old broadcaster and journalist, Piers Morgan exclusively told us while launching his new book: *Woke Is Dead*, that he and ‘frenemy’ Jeremy Clarkson, 65, could become Daniel Cleaver (played by Hugh Grant) and Mark Darcy (Colin Firth). But not for their romantic antics… Oh, no. It seems the pair found themselves in fisticuffs one night, only for former *GMB* presenter Piers to laugh and compare it to the infamous comical fight scene between the actors in the first Bridget Jones film! Here, the dad-of-four, who has been married to Celia Walden since 2010, reminds us that life is too short to hold a grudge.

You turned 60 at the start of the year. How do you feel about getting older?
One of my best mates suddenly out of nowhere got brain cancer aged 57 and died within 15 months. He was a brilliant guy, and I’d known him since I was 12 years old. We played cricket together for 20 years, and it was unbelievably painful and sad, but he never complained. He had the worst thing you could possibly have – incurable brain cancer, and he never once issued any sense of self-pity. The worst I ever heard him say was, ‘It’s not great.’ He had incredible spirit. It reminded me that you only get one go at this, and you never know when the curveball is round the corner.


Colin and Hugh in *Bridget Jones’ Diary*

Mark Darcy and Daniel Cleaver fight it out…

You’re good pals with Donald Trump having met on the *Celebrity Apprentice* – could we ever see you running to be prime minister one day?
Who’s in? No, I would like somebody to come along who can actually inspire and be good invigorators. At

Piers and Donald Trump go way back

Piers' 'frenemy' Jeremy Clarkson

the moment, it just feels like every time another politician appears on my screen I say, 'Oh for God's sake, shut up.' When you think about somebody like Churchill and how personally inspiring he was – it was unbelievable. As for Trump, he's a very unique character – we go way back. I've known him for almost 20 years, when he made me the winner on the first-ever series of *Celebrity Apprentice* in 2008.

Is it true that you and Jeremy Clarkson had a long-running feud?

Yes, the scar on my forehead is from when he punched me at The British Press Awards in 2004. It was only when he hit me for the third time I said, 'Is that it? My three-year-old hits me harder than that,' and he also broke his little finger hitting my head. My forehead is a lot stronger than it looks, and his little finger is still disfigured and mashed up from it.

That's crazy!

It was a bit like Colin Firth and Hugh Grant in the fountain scene in *Bridget Jones' Diary*. A couple of drunk men slapping each other around, and it was absolutely pathetic. I didn't hit him back because I was sober. My brother was an army colonel, and he was absolutely enraged that I'd just allowed Clarkson to hit me, and I hadn't hit him back. I told them I didn't want to get the sack, and then I got fired three weeks later.

Did you two ever call a truce?

After 10 years of abusing each other, he sent me a text at 1am. It was very British and read, 'Morgan, Clarkson here – drink?' I think I replied, 'What kind of drink – arsenic?'

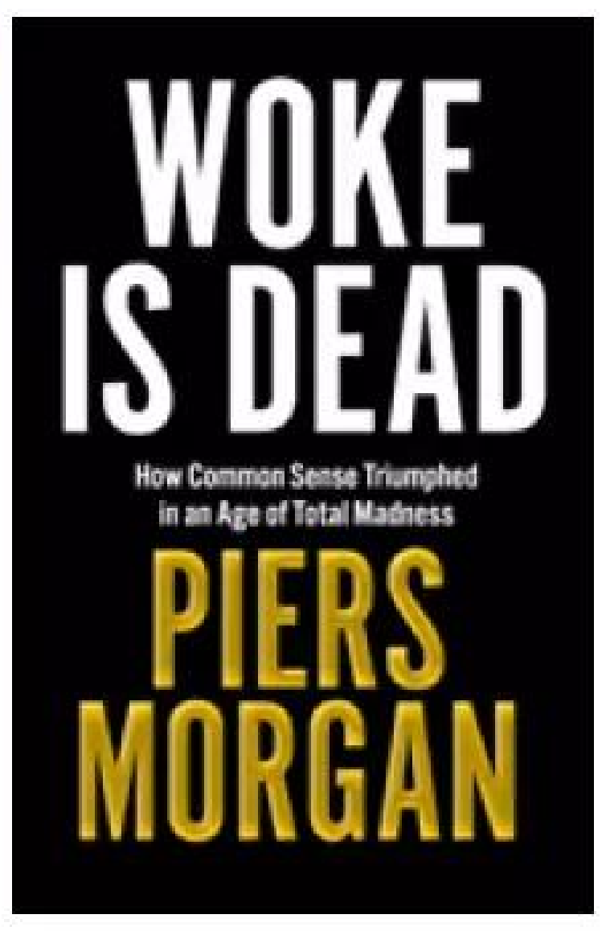
Did you take him up on his offer?

Yes, we met at The Scarsdale Tavern, Kensington. I arrived on foot, and he arrived on a push bike, and as we both arrived at the same time, we could see all the neighbours, going – this is going to kick off! He drank about 18 bottles of rosé, and I drank 10 pints, and then his daughter arrived to ratify the peace treaty, and I got my oldest son, Spencer, to be my representative on FaceTime. We agreed that while we will never be great mates, we are going to try and stop hitting each other in public. It's going so far, touch wood, good.

Piers with his wife Celia Walden

Celebrity crush?

Probably Cindy Crawford. Men of a certain age and of the supermodel generation [will understand]. I've had the pleasure of meeting Cindy. She actually tweeted me in quite a flirtatious way, and I can't deny it had a certain effect on me.


WOKE IS DEAD
How Common Sense Triumphed in an Age of Total Madness
PIERS MORGAN

● Piers' book ***Woke Is Dead: How Common Sense Triumphed in an Age of Total Madness*** **is out now and he spoke to Julie Ann Trainor.**

WORDS: *JULIE ANN TRAINOR.* PICTURES: *ALAMY, GETTY IMAGES, HARPERCOLLINS, SHUTTERSTOCK, UNIVERSAL STUDIOS*

I'm Father Christmas

What started as a family tradition has become a way for Sonia Holmes to spread festive cheer worldwide...

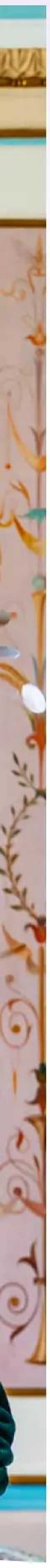
With our son's first Christmas approaching, I wanted to make it magical. Josh, now nine, was only nine months old back then, but I couldn't wait to start making family traditions. The more magical little moments, the better. My husband Rich, 42, and I adored taking Josh to pick out a tree, decorating it at home with Christmas songs playing. That evening, I sat down and wrote Josh a letter from Father Christmas.

'Dearest Josh, welcome to the world. It's a wonderful place, made even more special with your lovely face. My name's Father Christmas and I'm dressed all in red. I carry a sack and wear a hat on my head...'

When I proudly showed the letter to a few friends from my mum and baby groups, they were thrilled. 'Oh wow, please write one for my daughter!' said one, then another. I was delighted to oblige, honing my calligraphy skills with every letter. When I handed over their letters, every one of my friends said the same

Christmas magic is real

’s right-hand woman



thing: ‘Please don’t stop writing these. We’ll want one every year!’

Just like that, April & White was born. My little business creating bespoke, hand-written letters from Father Christmas. At first it was just something I did for friends and family, but by the following year, 2017, I was inundated with requests. After maternity leave, I returned part-time to my job in advertising, but every Winter I made sure to leave enough time to become Santa’s scribe. Three years ago, I was finally able to quit my day job and do this full-time.

April & White is so named because I was born in April and I love ‘white space’. To me, words dance and come alive across a blank page.

My home is much the same, calm and neutral, until my children bring in the chaos, colour and magic.

My business has helped create special memories for thousands of families, from personalised letters from Father Christmas to Christmas Eve treat boxes, advent gifts and stocking fillers.

The letters tell stories of the North Pole, of snowstorms, reindeer searching for cinnamon clouds and elves stirring marshmallow cocoa.

But the magic comes alive when parents tell me about their children’s triumphs, funny moments and milestones I can weave into the story.

Some share laughter and joy, others tell me of bravery after operations or heartbreak. Every detail makes each letter as unique as the child it’s written for. I want to ignite imagination and make every child feel truly seen by Father Christmas.

I also pour a little of my Indian heritage into each letter. Growing up, we made Gulab jamun – golden syrup-soaked dumplings, topped with pistachio and saffron. They were rich, layered and full of sensory magic. I try to capture that same sensory joy in my work.

The ink I use dries slightly raised so you can feel it under your fingertips. The envelopes are thick and textured. Every address is written in calligraphy, with a special North Pole stamp and sealed with hot foil. I want every child to experience that gasp of awe when they open their envelope, that feeling of, ‘It’s really from him!’

Josh and his little sister Mya, now seven, get their own letters and they’re my official product testers. If their eyes light up when I show them something new, that’s the green light I need.

Our Warwick home turns into the Timeless Sorting Office in November, with letters heading to every corner of the world from the USA to Singapore, Dubai to Australia. I handwrite and paint reindeer bell tags, certificates and tickets. Josh and Mya help pack up the boxes, Rich manages the post runs, making sure there’s just the right sprinkle of magic dust in every parcel. It’s a joyful mix of chaos and glitter.

With husband Rich and their kids, Josh and Mya

> **THE MORE MAGICAL LITTLE MOMENTS, THE BETTER**

As soon as Christmas is over, I start thinking about how to make the next one even more special. By June, I’m doing the Christmas photoshoot, knee-deep in decorations while the sun blazes outside.

Through July and August I edit, tweak the website and prepare newsletters. Everything goes live again on 1 September and my own version of Lapland’s workshop schedule commences.

By mid-December, I down tools to focus on family time. People laugh when I say I think about Christmas all year round, but it’s true. It’s the only way to make the magic run smoothly.

Now 41, I’ve been Father Christmas’ right-hand woman for nine years. There are 10 different letter styles for parents to choose from, but every single one is individually tailored. The very first letter I wrote to Josh is still the template I use for my ‘new baby’ letters today. Hundreds of letters and thousands of kids later, I still tear up whenever I read it.

About 90 per cent of my

Sonia writes each letter by hand

A snowy family day out

We should all be open to believing

Turn over for more

Preparing treats for Santa

Sonia enjoys bringing magic to families at Christmas

customers come back every year. They build up a memory box of letters, charting their children's milestones through the eyes of Father Christmas – a keepsake of their childhood. Seeing returning customers, their kids a little older, their updates a little different each year, fills me with such joy.

It's a true honour to be trusted with a family's memories. I've written to miracle babies, rainbow babies, children who've faced illness or trauma, those celebrating bravery, kindness, or even small but mighty victories like learning to ride a bike. Whatever the detail, I make sure Father Christmas sprinkles his special magic over it.

Josh and Mya still believe in Father Christmas and I hope that lasts a long time. Josh has started asking questions as some of his classmates have older siblings, but he's come to his own lovely conclusion: that Father Christmas must need help from families like ours to deliver so many letters and gifts around the world.

They love helping with our Christmas photoshoots, showing off the letters and little treasures we create. After the shoot this June, Josh said: 'I hope Father Christmas will be proud of me. I worked really hard to show our letters so other children can see what they're like.'

Of course, I couldn't let that go unacknowledged. A few days later, Pippin the Elf sent them a thank you letter, letting them know Father Christmas was indeed very proud of their hard work.

Even after all these years, Christmas never loses its sparkle for me. I still get emotional thinking about all the children who'll open my letters this Christmas, eyes wide, hearts full of belief.

What started as a way to create a Christmas tradition for my own family has become a tradition for thousands of families around the world.

> *If there's one thing I've learned*
>
> **'Christmas is about making magical memories for the whole family. Kids won't remember big, expensive presents but they'll cherish memories.'**

Each letter has a bespoke North Pole postmark

To be part of that magic, helping Father Christmas spread joy and wonder, feels like a dream come true. Aside from Father Christmas himself, I think I might actually have the best job in the world...

● **For more info, visit aprilandwhite.co.uk**

WORDS: *KIM WILLIS* PICTURES: *APRIL AND WHITE*

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IT'S A THOUGHT...
Why Denise NEVER cooks Xmas dinner!
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I'M A CELEB...
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TRAITORS IN THE PALACE... WHO'S NEXT?
HAVE A PENNY PINCHING CHRISTMAS

Readly

Find it on Apple News

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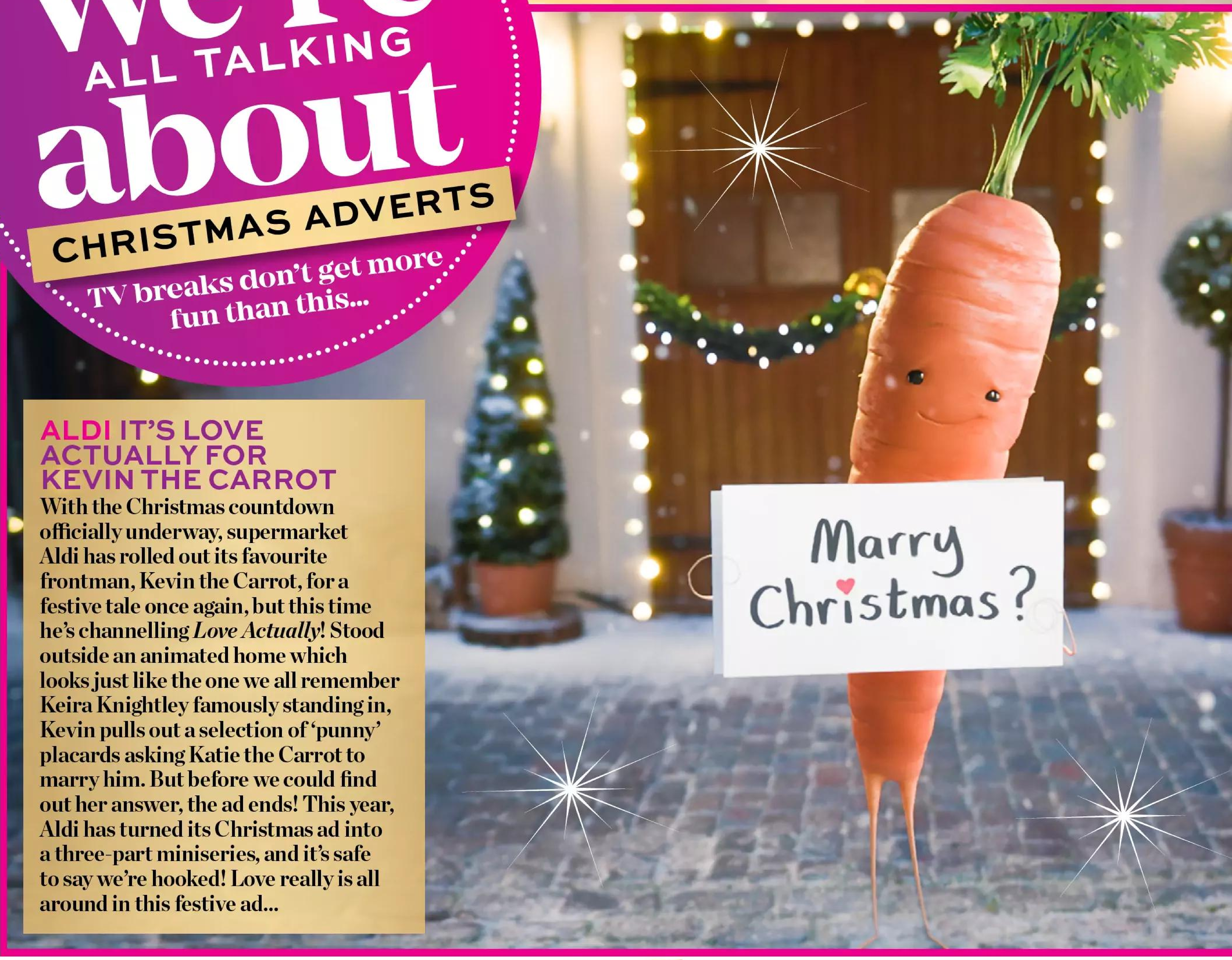
We're ALL TALKING about CHRISTMAS ADVERTS

TV breaks don't get more fun than this...


Marry Christmas?

ALDI IT'S LOVE ACTUALLY FOR KEVIN THE CARROT

With the Christmas countdown officially underway, supermarket Aldi has rolled out its favourite frontman, Kevin the Carrot, for a festive tale once again, but this time he's channelling *Love Actually*! Stood outside an animated home which looks just like the one we all remember Keira Knightley famously standing in, Kevin pulls out a selection of 'punny' placards asking Katie the Carrot to marry him. But before we could find out her answer, the ad ends! This year, Aldi has turned its Christmas ad into a three-part miniseries, and it's safe to say we're hooked! Love really is all around in this festive ad...

LOVE NEEDS NO WORDS WITH JOHN LEWIS

If you're someone who struggles to find the right words, then this year's John Lewis' Christmas advert will certainly leave you teary-eyed! After almost all the gifts in a family home have been exchanged, just one present is left from a son to his dad. The teenage son nervously shuffles away as his dad unwraps a 'Where Love Lives' vinyl, which transports him back in time to when his son was a baby. There might be minimal dialogue in this ad, but the message is clear: love doesn't have to be spoken.

THE JOY OF GIVING WITH LIDL

We've always been taught that it's all about giving, not receiving, and Lidl's Christmas offering this year highlights the point with the help of a little girl observing the chaos of preparing for the festive season around her. It's food for thought (excuse the pun!) for those swept up in the moment to pause and think about spending time with friends and family. The advert underpins the supermarket's Toy Bank scheme, returning once again to encourage customers to donate a new, unopened toy (until 15 December) which will go to a child in need. Looking for inspiration? Sought-after goods include games, toys, books and puzzles.

A CHRISTMAS JAM WITH M&S

Anyone else been stuck in traffic and longed for a snack to ease the boredom? M&S has answered everyone's prayers in its festive advert which sees the return of Dawn French and her fairy alter ego – stuck in a car listening to, of all the hits, 'Driving Home for Christmas'. With a heavy dose of typical 'French' humour, a lorry crammed with goodies bursts open to the delight of Dawn and fellow travellers, showcasing the best of M&S's picky bits (we personally recommend the very moreish Paella Bites and Fish and Chip Bites!).

WAITROSE'S FESTIVE ROMCOM IS THE PERFECT GIFT

Waitrose has delivered the ultimate four-minute romcom in their Christmas ad this year, featuring Keira Knightley and comedian Joe Wilkinson. Joe, who plays Phil, declares Keira Knightley is the only person who could possibly mend his recently broken heart – 'good luck with that, mate' his friend replies. But fate (and cheese!) gives them their meet cute, until a seeming competitor threatens their romance. Packed with humour, fun and festive magic, some of the *best* team think this offering takes the Christmas ad top spot this year. But the jury is still out! What's your fave ad?

MERRY GRINCH-MAS WITH ASDA

Asda's roped in the Grinch for this year's campaign, with a message many of us can relate to; the sheer cost of the festive period. Set along to an adapted version of 'Let It Snow', Asda's Grinch slowly warms up to the idea of eating, drinking and being merry thanks to the supermarket's rollback scheme that sees a whole host of food at bargain prices (you'll want to snap up the three for £5 party food deal!). Expect a serious level of Grinch merch in store and online, too…

WORDS: *HELEN PIKE, JENNY MEDLICOTT* PICTURES: *GETTY IMAGES*

When you know, y

Widowed five years ago, Christmas left **Toni Wright** feeling a little adrift. But after a whirlwind romance this year promises to be full of love and magic...

Toni and Mark on their wedding day

The couple tied the knot exactly a year after they first met

If there's one thing I've learned

'Make the most of each and every day, you just don't know what fate has in store for you.'

I wasn't looking for love. It's as simple as that. But I was feeling a little down that day. Five years after losing my husband, I knew I needed to pull my life together – which was why even though, I didn't feel like it, I had dressed up and met my friends for an 'Over 50s Night Out'.

And shaking my 57 year-old body on the dance floor to music from the Sixties, Seventies and Eighties, I was having a blast.

There were probably about 100 people there, most probably like me – in their 50s, widowed or divorced – shaking off their woes with a drink and a dance.

And then it happened. A man caught my eye and started dancing next to me. 'You look gorgeous,' he said.

His words sent butterflies through my stomach. Quite a strong – and unfamiliar – reaction.

He smelt amazing too. His name was Mark. We chatted and when he asked for my number, I put his contact details in my phone.

I'd spotted him earlier in the evening, and when I'd squeezed past him, I'd felt an unexpected spark.

Sparks and butterflies? It's the stuff of romance novels, not real life, I told myself.

On the bus home, I sent Mark a message saying how lovely it was to meet him and he replied straight away.

ou know!

After that, we chatted a lot and then arranged to meet for a drink. We talked and talked.

'It feels like I've known you all my life,' Mark said. I felt the same way.

He was warm, kind, funny and romantic. He explained he'd recently come out of a long-term relationship and had taken a trip to Mexico to try and start afresh, but it ended up making him feel lonely.

That's why he'd gone to the Age UK Norwich event.

I opened up that I'd been widowed in 2020 when my husband of 10 years had died of a heart attack.

I'd been living in France at the time and had eventually moved back to the UK.

The conversation kept flowing. We both had grown-up kids, loved to travel, enjoyed live music and films (albeit different genres!) and had the same amount of energy and lust for life.

Things were a bit of a whirlwind after that – meeting each other's friends and families, then booking a trip to Prague together.

Six weeks after we'd first met, while we were on the Charles Bridge, Mark dropped down on one knee and asked me to marry him.

I was shocked – but I said yes! It was fast, but they say when you know, you know.

Of course, we'd discussed marriage in that Mark had asked if I'd ever consider it again.

'With the right person,' I'd replied. He'd tied the knot once before, but had been divorced for over 30 years.

Back home, our friends and families were thrilled for us. Even my son and daughter, now 34 and 39.

Maybe it was quick, but everyone could see we were meant to be together! What was the point in waiting? Fate had brought us together and we weren't about to ignore that!

Mark admitted that after our first date, he'd told his best friend he could see himself marrying me, which was wonderful to hear.

Two months later, in November 2024, I moved in with Mark, and we were incredibly happy. We decided to have a quiet Christmas last year, focusing on planning our wedding and supporting Mark's best friend whose partner had sadly passed away.

We were grateful to all be together and were looking forward to what 2025 might have to offer...

We made sure we attended the Age UK Norwich 'Over 50s Night Out' in the Summer and agreed we'd go every year, as it was where we'd first met.

And a year to the day after our initial meeting, Mark, now 68, and I got hitched at The Flint Rooms – a decommissioned church in Norwich – in front of 100 friends and family.

I surprised my new husband by singing the love theme from *A Star Is Born* by Barbara Streisand as I walked down the aisle.

I was nervous, but seeing a tear in Mark's eye, I was proud of myself for doing it.

Afterwards, we partied at home with a live band and shared our first dance to Ed Sheeran's 'Perfect'.

It was everything I'd hoped for, but hadn't expected!

Now, at 59, I can't wait to spend our first Christmas together as husband and wife.

We've got lots of social engagements leading up to 25 December, but on the day itself, Mark and I will have a romantic morning together.

The couple enjoy travel, live music and films

> “MARK WAS WARM, KIND, FUNNY AND ROMANTIC”

I'll make us scrambled eggs and smoked salmon for our festive breakfast, we'll exchange gifts, but I already have the best present I could ask for: Mark.

We're having Christmas dinner at my daughter's house, and I've bought a sequinned green dress to wear for the big day.

On Boxing Day, we'll be spending time with Mark's daughter. Then, on 27 December, we're jetting off to Thailand to see my son, daughter-in-law and six-month-old grandchild. We'll be there for New Year's Eve before heading off for a couple of weeks to travel around Vietnam, Laos and Cambodia.

It's going to be a magical time of year in more ways than one.

I'm so grateful I pulled myself together, dressed up and went out that night. If I hadn't, my fate might have passed me by.

- **The Age UK network of over 100 local Age UKs across the country host a variety of social activities and groups all year round, including festive lunches and parties over the Christmas period. To find out more, visit: ageuk.org.uk/services/in-your-area/**

They're happier than ever

Toni with friends at the event

WORDS: *LOUISE BULGIN* PICTURES: *KIM'S CAPTURE*

PYJAMA *party!*

Stay snug and stylish with these fabulous designs

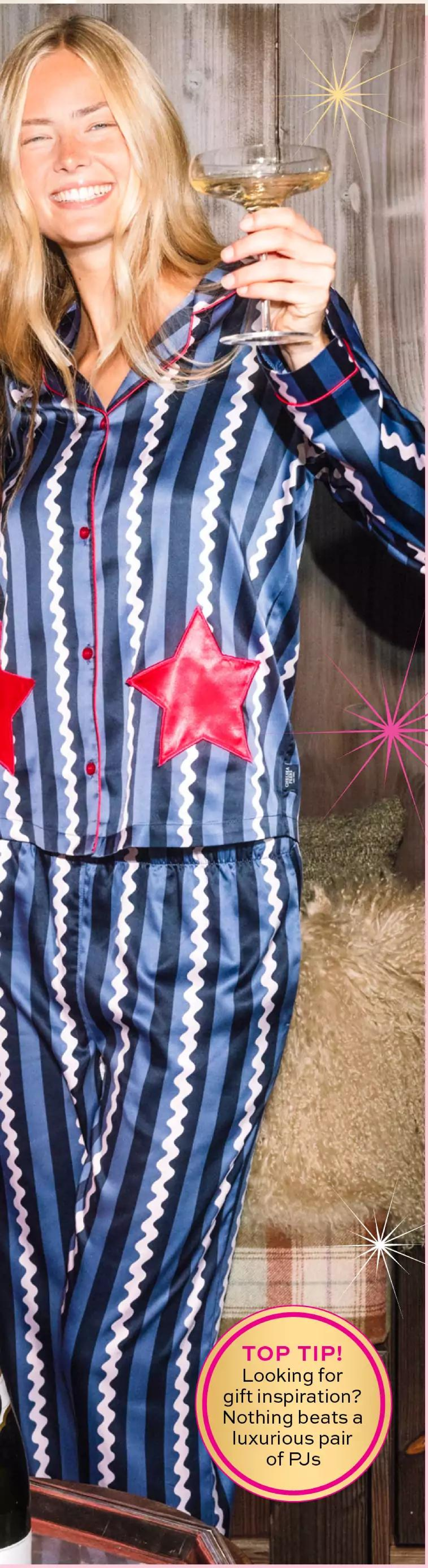
£30 and £28, Joe Browns

£18, George at Asda

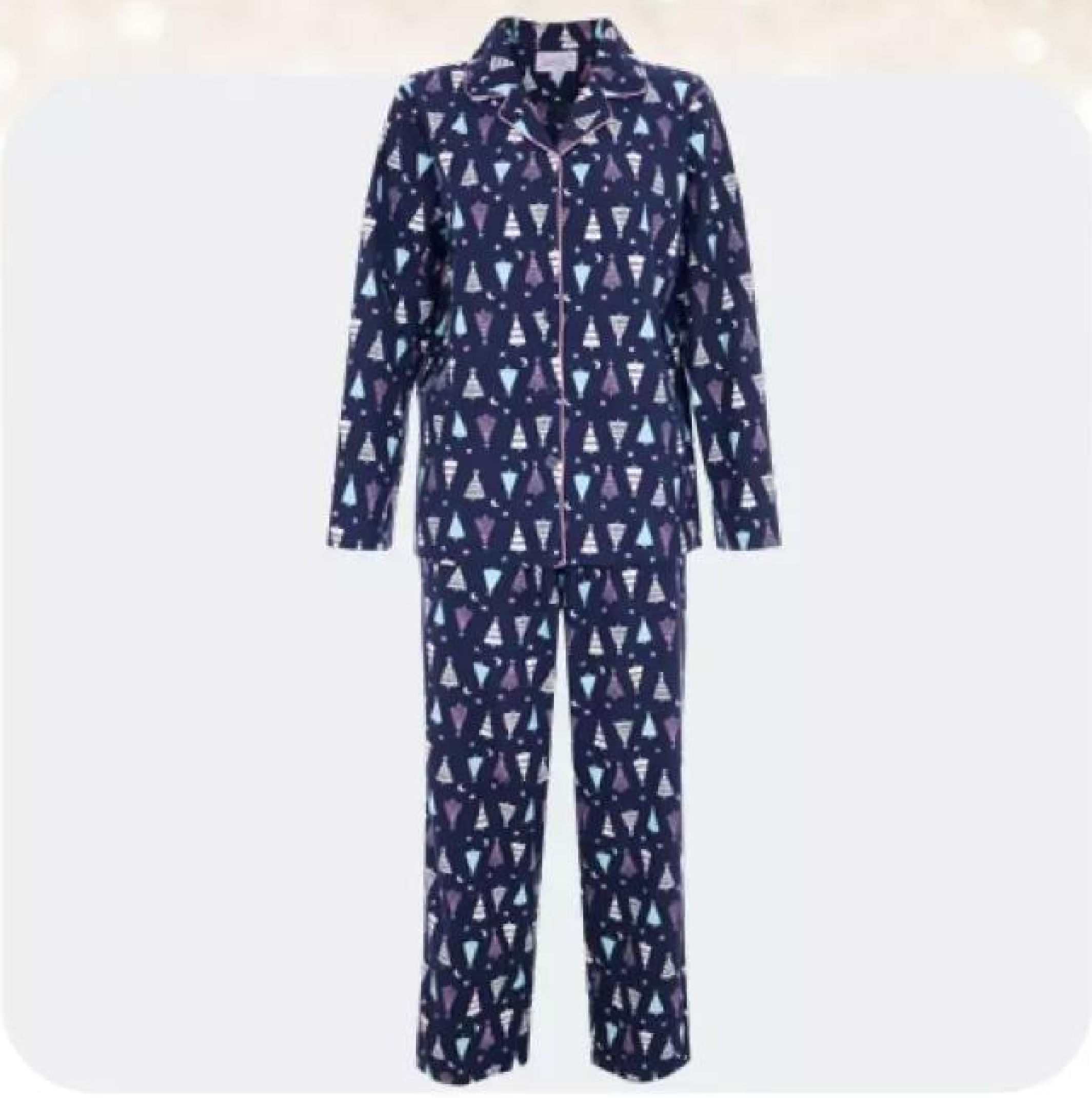
£32, M&S

£16, Primark

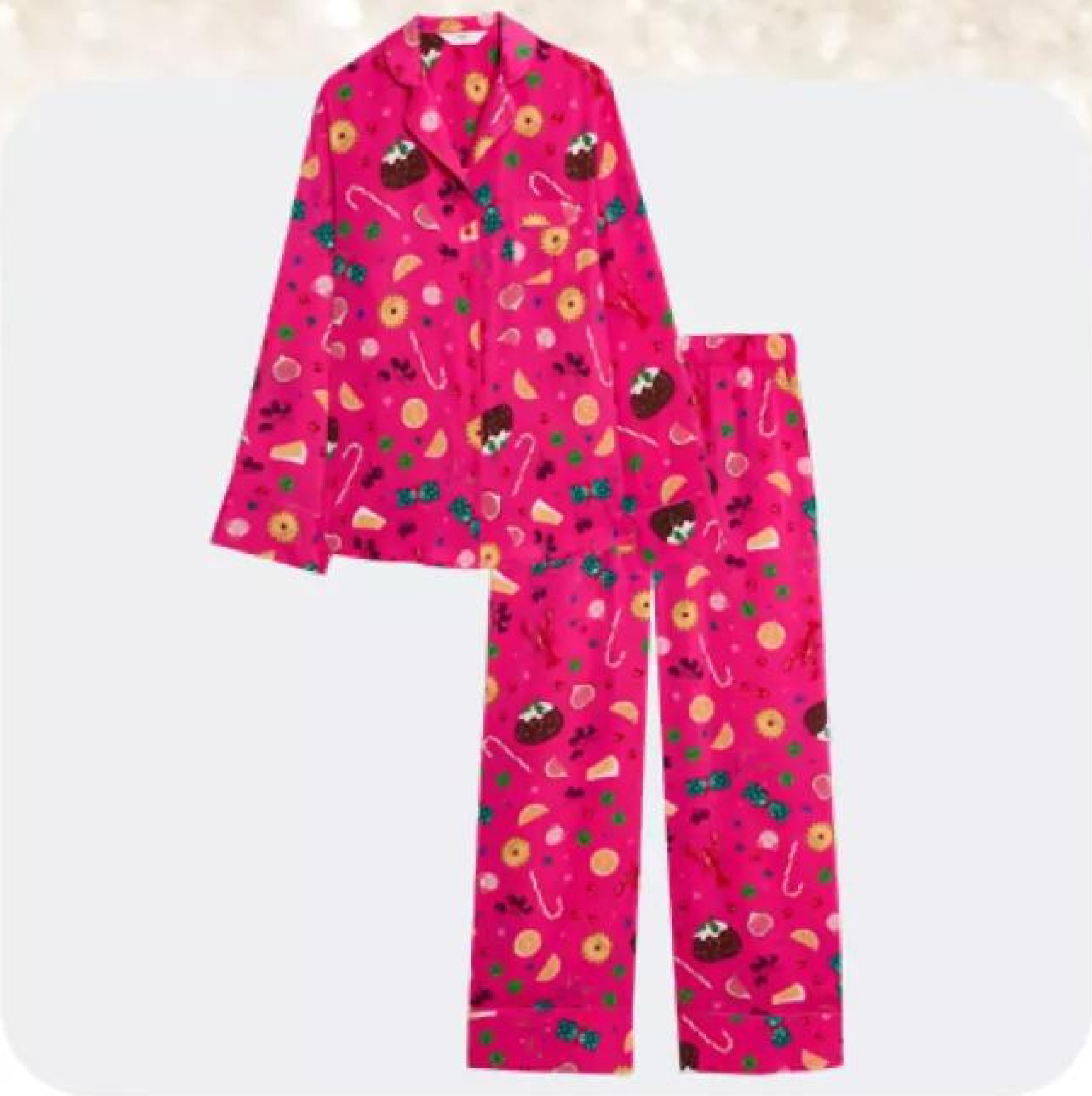
Blue stripe, £58
Baubles, £45
Both available from Chelsea Peers



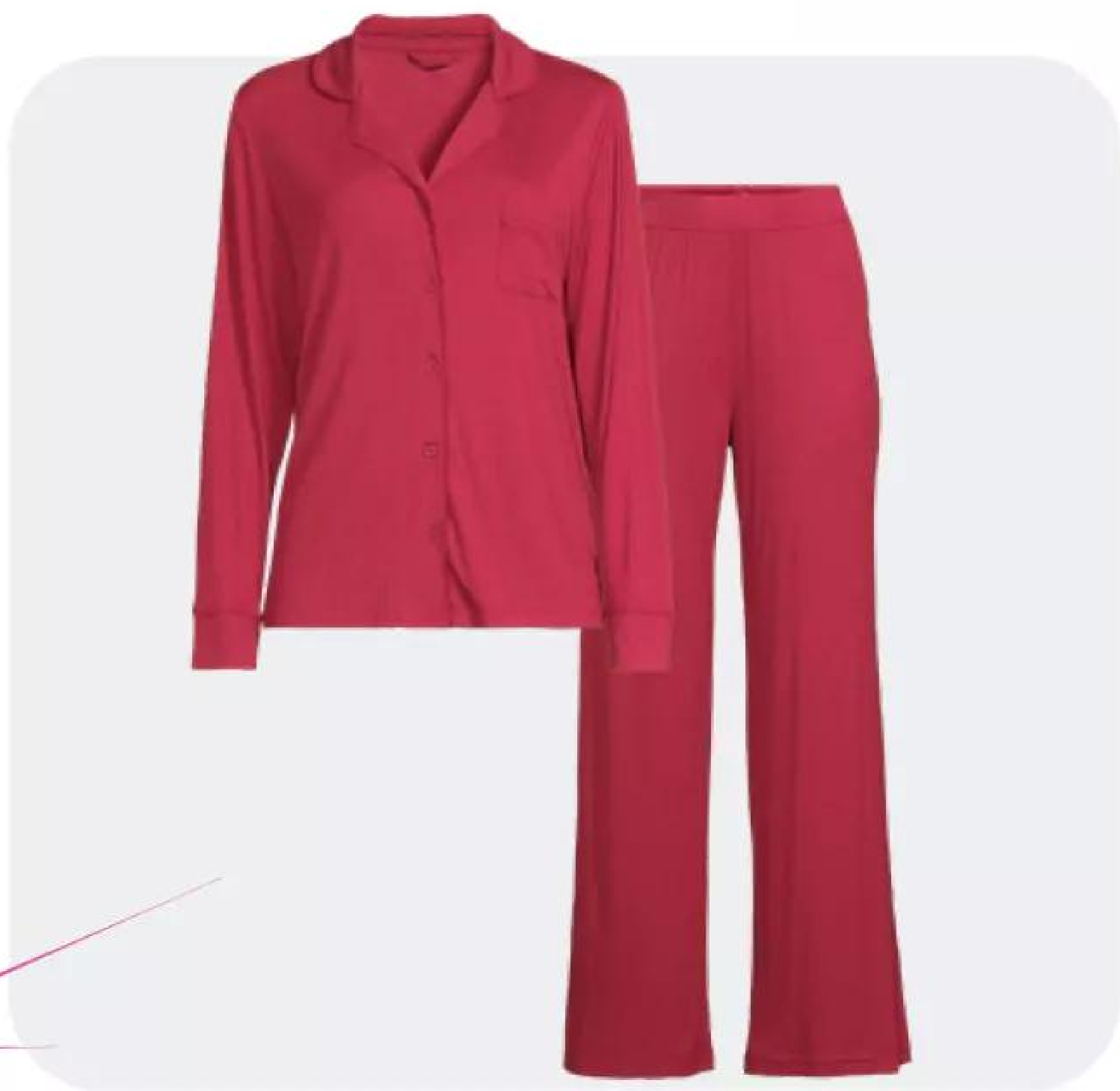
TOP TIP!
Looking for gift inspiration? Nothing beats a luxurious pair of PJs



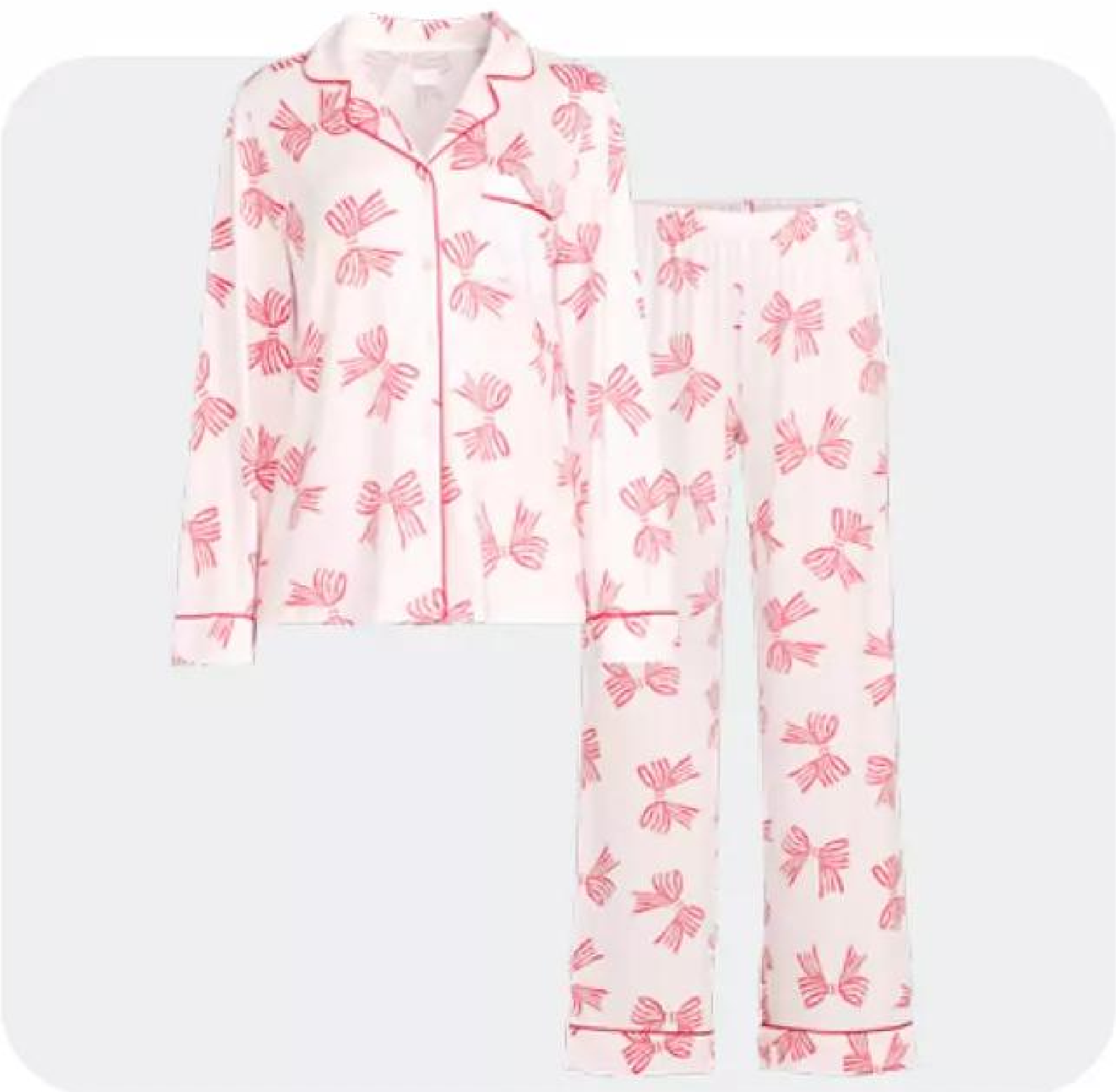
£16, Bonmarché



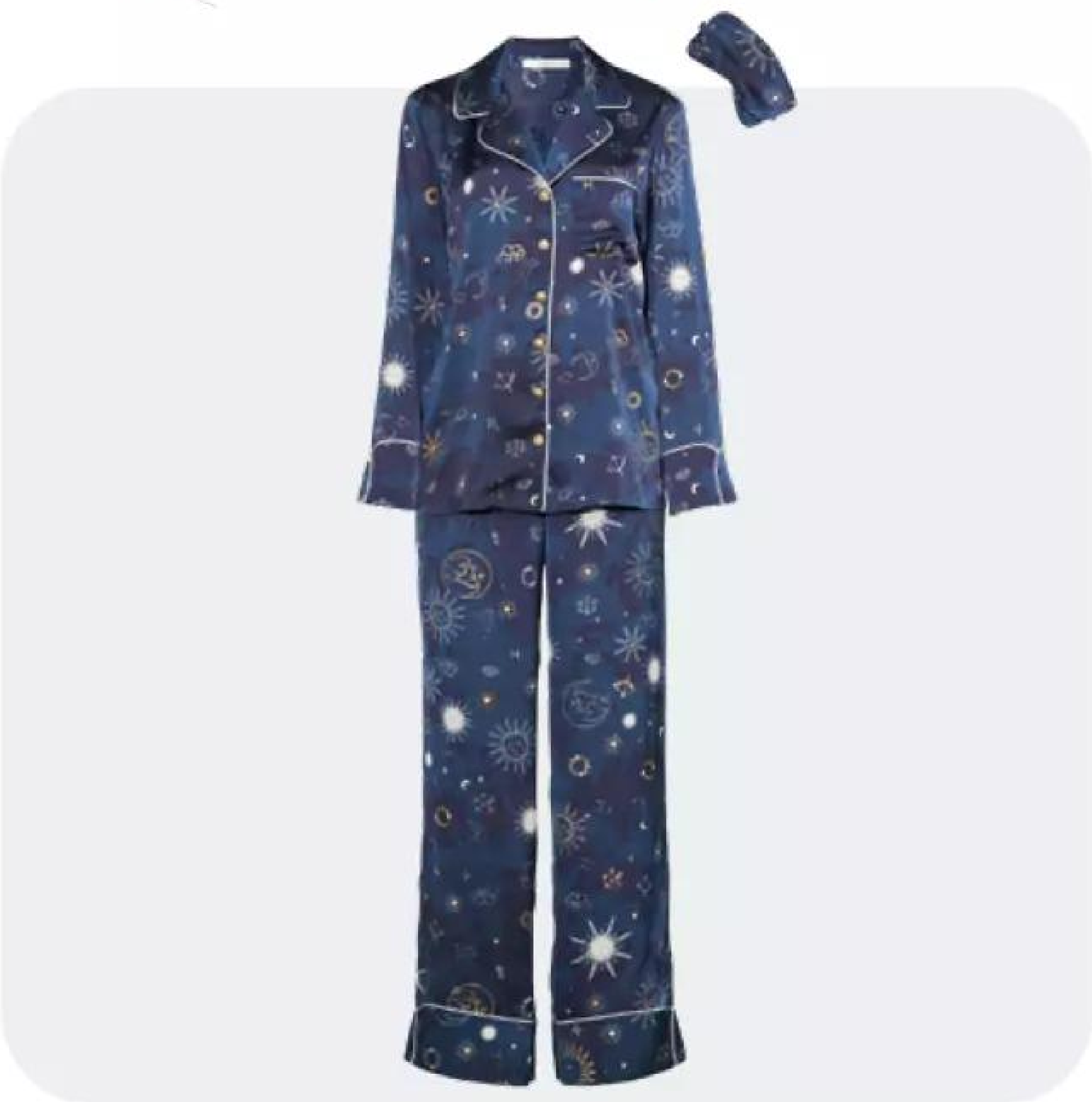
£35, M&S



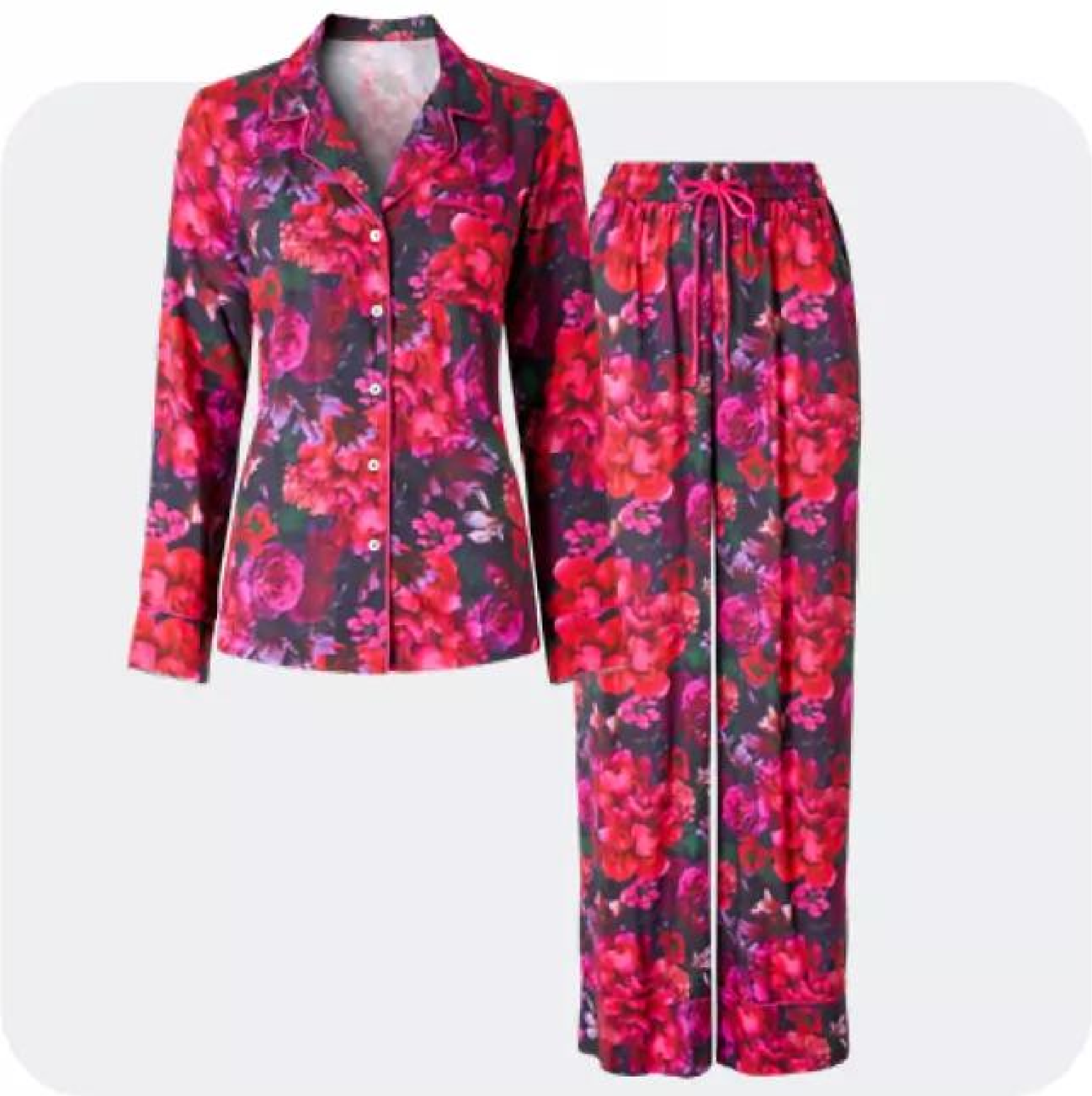
£30, Very



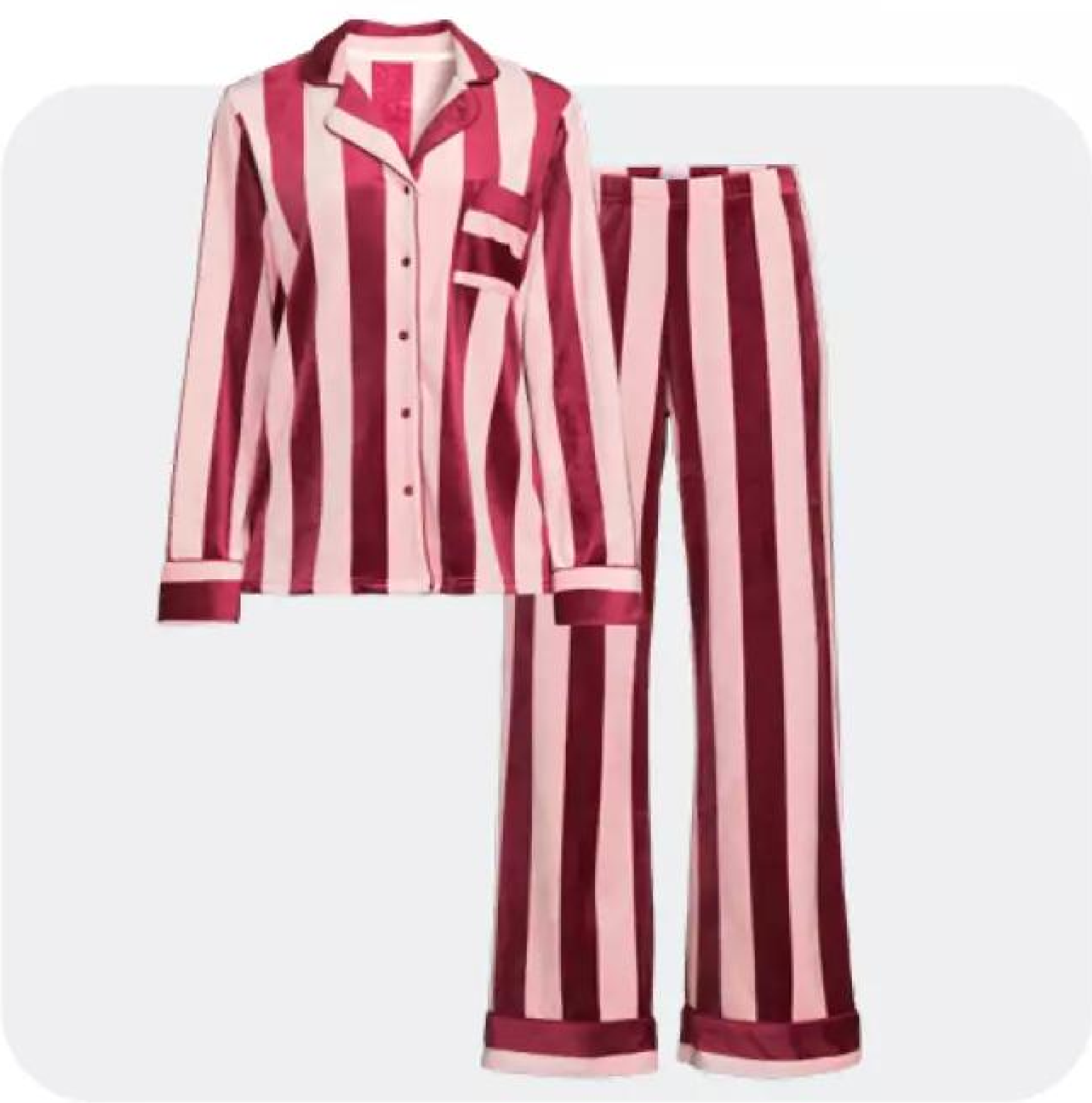
£30, Very



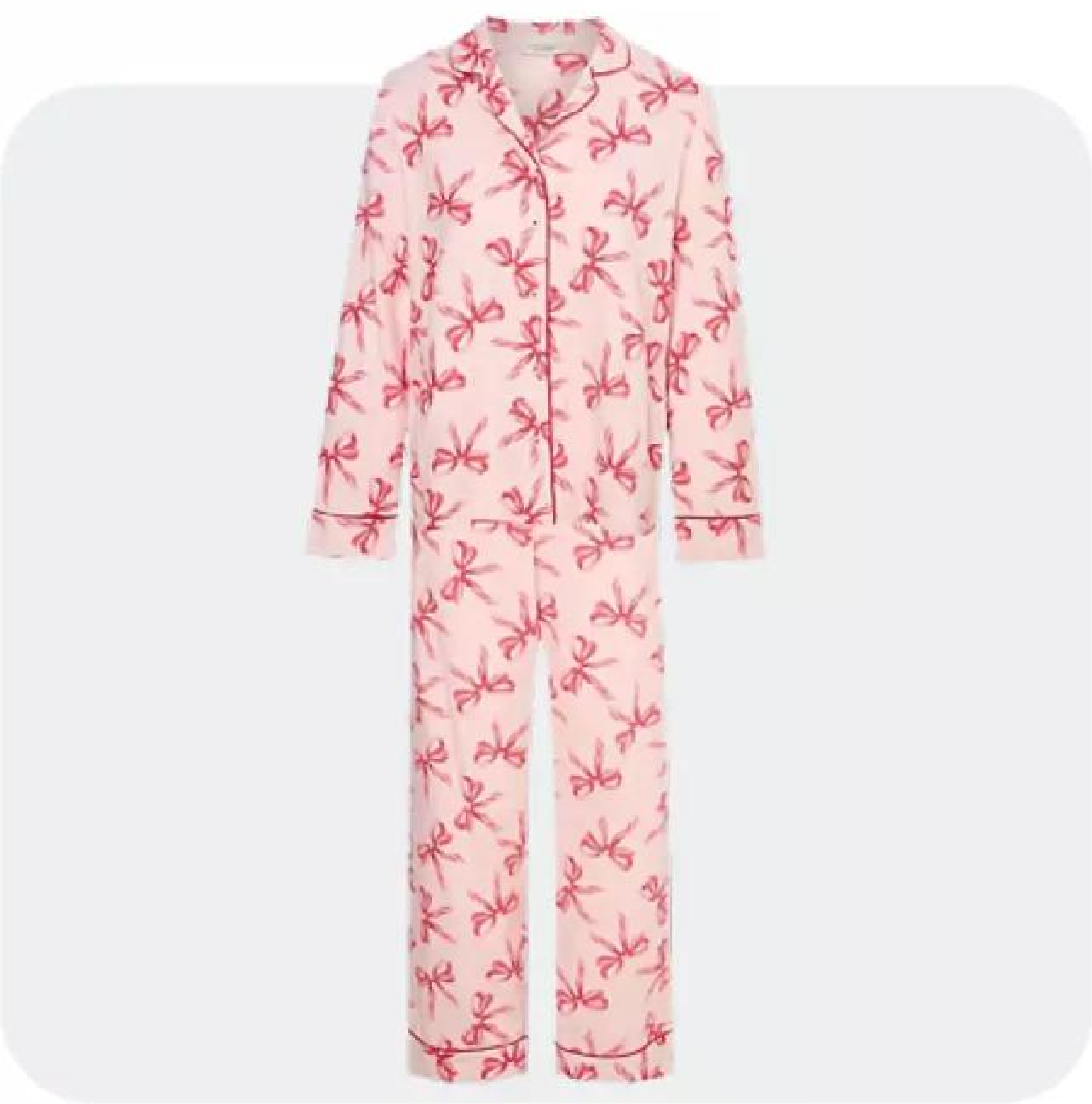
£50, Michelle Keegan at Very



£30 and £28, Joe Browns



£30, Very



£18, George at Asda

WORDS: *LARA NUGENT*

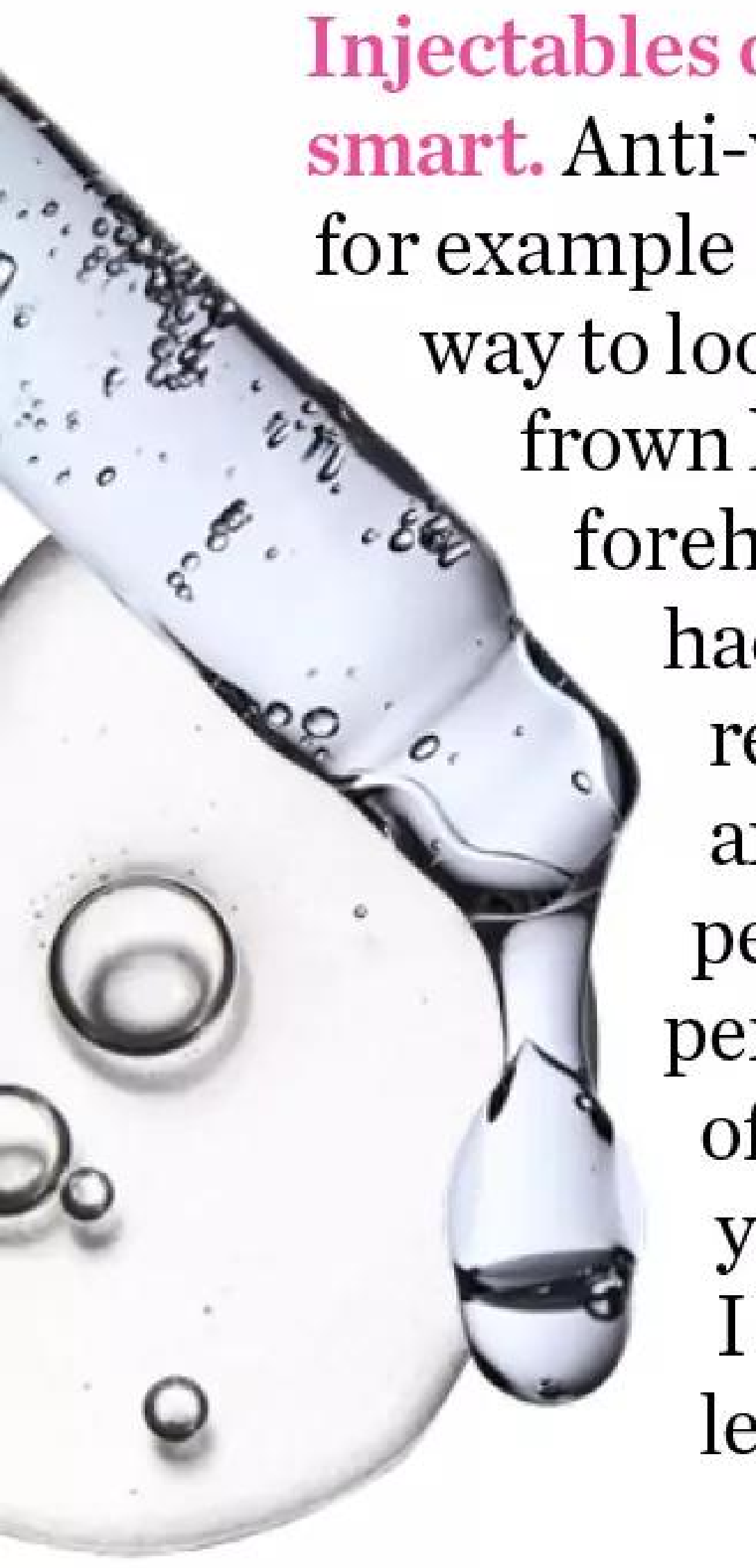
Beauty secrets to... AGEING LESS

From lotions and potions to plastic fantastic, each week our experts will tell you how to stay looking younger for longer – whatever your budget

TWEAKMENTS TO TWINKLE

DR AAMER KHAN FROM THE HARLEY STREET SKIN CLINIC SAYS:

As Winter sets in, so does dull skin, dry texture, and a general loss of that natural glow we take for granted during Summer. In-clinic tweakments can refresh your appearance quickly and safely, but we need to be realistic about what's possible before Christmas. You can absolutely look fresher, brighter and more vibrant in a matter of days or weeks, but this isn't the time for major transformations. Think subtle, strategic boosts — not total overhauls. You want people to think you look rested, healthy, and glowing, not frozen or overfilled.

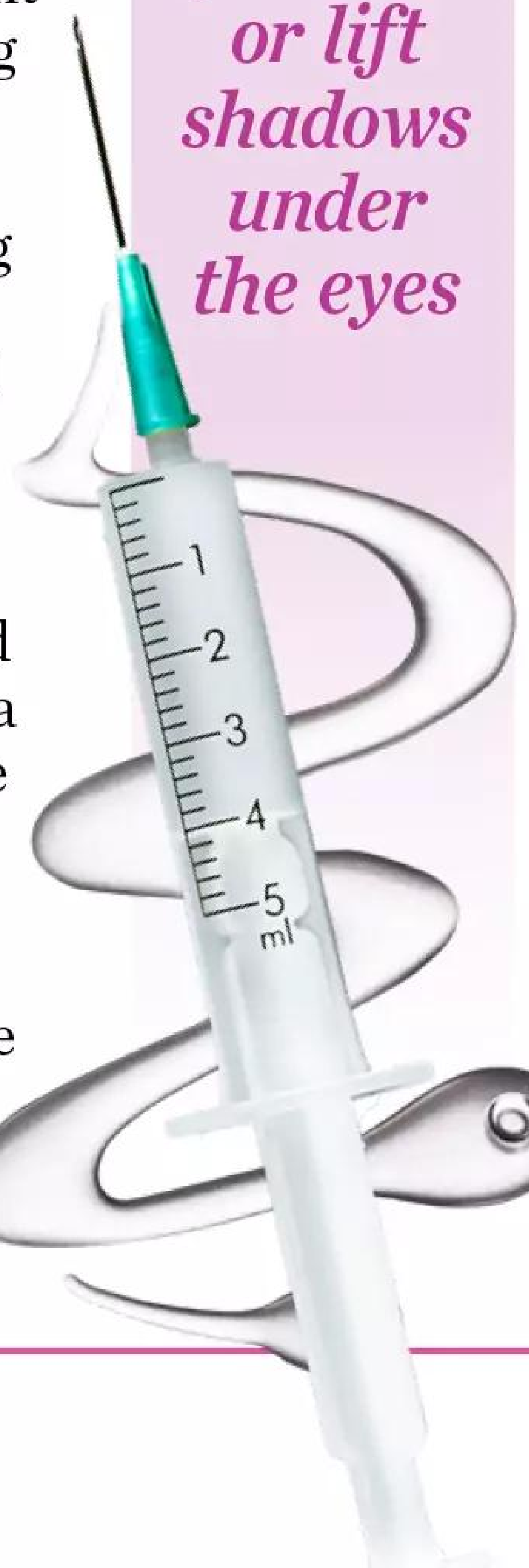


Injectables offer a fast fix, but be smart. Anti-wrinkle injections, for example Botox, is the quickest way to look less tired. It softens frown lines, crow's feet, and forehead creases. If you've had it before, you'll know results start showing around day three, with peak effect at 10–14 days perfect timing for the office party. However, if you're brand new to it, I wouldn't recommend leaving it until the week of Christmas. Always allow at least two weeks for adjustments, just in case.

Dermal fillers can also be used subtly to restore volume in cheeks, define the jawline, or lift shadows under the eyes. A skilled hand will never leave you looking 'done'. You'll just look like you've had a fantastic night's sleep every night for the past month. Each injectable treatment costs from £350.

For clients wanting a younger, brighter, more radiant complexion before Christmas, I often recommend a peptide complex treatment. This combines hyaluronic acid with biomimetic peptides and astaxanthin, a potent antioxidant known for protecting cells from oxidative stress and boosting skin regeneration. It's especially effective for improving tone, texture, and overall skin vitality. Think of it as a biological refresh button. You won't walk out looking radically different, but within days your skin will appear more even, luminous, and supple, ideal if you're aiming for a healthy, well-rested look over the holidays. Most people benefit from a course of treatments, but even one or two sessions started now can make a visible difference with no downtime and a very natural finish. Expect to pay from £450.

> *Dermal fillers can also be used subtly to restore volume in cheeks, define the jawline or lift shadows under the eyes*



If pigmentation, redness, or uneven skin tone is your concern, gentle IPL (Intense Pulsed Light) or low-energy laser treatments can work wonders. They target sun damage and broken capillaries while encouraging collagen production. You may have some redness or flaking for a few days afterwards, so timing matters. A light session now could leave your skin looking significantly brighter and more even by mid-December. Avoid anything too aggressive, though. Deep resurfacing treatments like CO2 laser are brilliant but they need longer recovery. IPL is usually from £80 per treatment.

Beyond your face, what body treatments are open to you? If you're aiming for a more sculpted look, a body contouring treatment using microwave technology like Onda can help to break down localised fat deposits, tighten skin and reduce the appearance of cellulite, all with zero downtime. You'll need a short course of treatments spaced about a week apart, so starting now gives your body time to respond and show improvement by mid to late December. Most people report smoother, firmer skin and a subtle contour boost in areas like the thighs, arms, flanks or abdomen. Like all tweakments, the results

aren't dramatic overnight but they're real, and they continue to improve after treatment. A course of four is approximately £1200.

Finally, don't underestimate what you can do at home. Medical-grade skincare ingredients like vitamin C, retinol (if your skin can tolerate it) and a good hyaluronic acid serum will amplify any clinic treatment and keep your skin looking polished. Hydration, sleep, and not overconsuming sugar and alcohol will all help your tweakments work harder, too. The goal with all pre-Christmas tweakments should be subtle enhancement, not reinvention. You want people to think you look rested, healthy, and glowing, not frozen or overfilled. Just keep it real, and always go to a qualified medical professional.

best's BEAUTY BOX

Is it possible to hold back the hands of time? From viral trends to new innnovations, Sophie Cooper from the Harley Street Skin Clinic will be grilling the experts at the Harley Street Skin Clinic for the lowdown on surgical trends. Find her on social media @bestmagofficial and facebook.com/bestmagazine. This week, Sophie and Dr Aamer discuss whether surgical results are permanent or not.

FOR MORE INFORMATION ABOUT THE HARLEY STREET SKIN CLINIC, VISIT HARLEYSTREETSKINCLINIC.COM PICTURES: GETTY IMAGES *READERS SHOULD TAKE THE ADVICE ON THEIR DOCTOR BEFORE UNDERTAKING ANY ADVICE GIVEN IN THIS COLUMN

Smart STYLING

Upgrade your tool for under £100

1 RED LIGHT REVIVAL

It was only a matter of time before hi-tech skincare made its way into hair gadgets. Red light LED is known for its ability to reduce inflammation and boost collagen in skin, and for hair, it can benefit by stimulating follicles and increasing blood flow to the scalp. **Stylpro** are at the forefront with affordable hair tools that you'll use far beyond Christmas for good hair habits into 2026. Their **Root Renew Red Light Hairbrush, £39.99**, lights up and gently vibrates, and is designed to be used on dry hair. Use it five minutes a day to help improve its condition – think of it as your daily head massage!

FAKE IT YOURSELF

Gloss goals

While technology has made great advances in gadgets, it's still essential that you take steps to encourage good hair health.

- **Heat protection spray** before styling is essential. Many styling products already have this in their formula; look at the label to be sure. After spraying, comb through to ensure the product is evenly distributed.
- **Don't be tempted** to stick it on the highest temperature for the quickest result. All of our testers tried their tools on a low setting and got fast, good results. That slightly lower temperature gives you a better chance of a shinier effect, too.
- **A weekly mask** adds moisture back in and helps during the cold weather, too. A blend of banana and honey will add strength and shine - mash up one banana with 1tbsp honey and apply to mid-lengths and ends. Rinse after five minutes.

2 MULTI-TASKING MARVEL

Many multi-use air stylers cost hundred of pounds (naming no names!) but luckily the technology is trickling down. Budget brands have evened out the playing field with brilliant options. **Revlon One-Step Blow-Dry Multi 4-in-1 Air Styler, £64.99**, has many bonuses. Lightweight but powerful, it cut typical drying time in half for our tester. Suitable for all but specifically designed for textured hair, it has four attachments – diffuser, plus round, paddle and oval brush – each with gentle bristles, and combined with adaptable heat settings, it's all geared to minimise damage.

3 CURL FRIEND

From air stylers to heatless wraps and even straighteners, there's many ways you can add a curl to your locks. Regular heat styling can risk drying your hair, so **Remington** have addressed this with their **Almond Allure collection**, which features ceramic coating and conditioners to prevent such an impact. Their **Tapered Curling Wand, £39.99**, is shaped to help create natural looking curls, ranging from looser waves at the base of the barrel, to tight spirals towards the thinner end. With speedy results that lasted all day, it's a brilliant option on a budget.

4 BRUSH UP!

If you're longing for that bouncy, blow dry effect, a hot brush is the ultimate tool. **Babyliss Hot Brush, £60**, is ceramic so heats up quickly, allowing you to get going, creating volume at the roots and flicks at the ends. Its ionic technology means it helps prevent frizz for a smooth, shiny finish, and the silicone bristles mean hair doesn't get tangled, either (remember those old barrel brushes that would always get caught?). And for the forgetful among us, it automatically switches off after 20 minutes.

5 BRILLIANT BUDGET BLOWOUT

With five 'heads', the **SBB 5-in-1 Blowdry and Style, £49.99,** tool works out at a bargainous £10 per attachment. It's not even just a straightforward choice between straight and curly - there's waves and that longed-for bouncy blow dry, easily achieved by the oval shaped brush that's wide enough to grip a large surface area and create plenty of volume. Little details help, too, like the swivel cord that means you won't get tangled up trying to reach the back of your head, and the infused argan and macadamia oils that leave you assured you're not just frying your hair.

WORDS: *HELEN PIKE*
PICTURES: *GETTY IMAGES*

Elsa McAlonan

BEST BEAUTY BARGAINS UNDER £10

MY CHRISTMAS MIST-HAVES

In the run-up to Christmas, there's always far too much to do and not enough time to do it all. I have been relying on quick and easy sprays that sort things out in seconds – from rescuing party hat hair to calming seasonal spots. My party survival must-haves (or should that be mist-haves?!) include a spray to tackle unwanted break-outs and one to smooth static after wearing a hat. There's a mist to keep make-up in place - and one with a feelgood fragrance that's an instant mood booster. And because Christmas parties can be germy gatherings – a scented hand sanitiser. So here they are in all their glory... my favourite five sprays of Christmas – and everything is under a tenner.

1

THE BUG BEATER

Dr Bronner's Lavender Hand Hygiene Spray (£4.49, hollandandbarrett.com)

This might not be the most glam spray you will have among your party must-haves, but it's essential for any festive gathering. Christmas parties can be breeding grounds for viruses, so it's handy to have one in your bag or pocket to keep bugs at bay. The active ingredient in this, ethyl alcohol, is 99.9 per cent effective against germs. And since it is lavender scented (and doesn't smell like a sanitiser) it's not obvious that you're cleaning your hands after shaking hands with someone full of a cold!

BEST BEAUTY TIP: This is a brilliant multi-tasker – apart from using as a hand sanitiser, you can use it to clean make-up brushes, as an emergency natural deodorant and also as a pillow mist.

FAMILY SOAPMAKERS SINCE 1858
DR. BRONNER'S
ORGANIC LAVENDER HAND CLEANSING SPRAY
CERTIFIED FAIR TRADE
CALMING & MOISTURIZING
ALL-ONE!
60ml
£4.99

2

THE SPOT-ZAPPER

Witch Skin Rescue Spray (£2, Savers)

Spots have a nasty habit of appearing at this time of the year. This spray will help prevent break-outs by unclogging congested pores and calming skin. It can be used everywhere - on backs, chests or faces - and is gentle enough for those with sensitive skin. You can afford to spray this generously, before or after make-up and it's also handy to rehydrate a morning-after tired complexion.

BEST BEAUTY TIP: Strictly make-up artist and Witch Skincare ambassador, Ariane Young, keeps this in her kit during the party season, saying: 'I love to use a spray to dampen the skin at the beginning of a skin care routine as it allows products to penetrate deeper into the skin. I like that it works on the body too.'

£2
witch
Skin Rescue Spray
Face & body spray designed to support stressed skin

£6.99
JEROME RUSSELL
Bstyled
STYLE THAT CARES
BOND BUILDING TECHNOLOGY
11-IN-1
WONDER SPRAY
Nourishing Leave-In Treatment
FOR ALL HAIR TYPES · 11 BENEFITS, 1 BOTTLE
APPROVED BY PROFESSIONALS
150ml ℮ 5.28 fl.oz

3 THE DO-IT-ALL HAIR HERO

Jerome Russell Bstyled 11-In-1 Wonder Spray
(£6.99, superdrug.com)
I bet I'm not the only party pooper who rejects wearing the paper hat that comes in the cracker because it flattens my blow dry. Such vanity! This is called a "Wonder Spray" and is a secret weapon for making flat hair look fuller and it also detangles tresses, smooths and tames frizz. It has a formula that helps to restore, strengthen and protect your locks.

BEST HAIR HACK: You can use this on-the-go or at home to create a sleek style when you can't get to the salon – a quick spray over my locks before blow drying leaves them smooth and shiny.

4 THE FEEL-GOOD FRAGRANCE

Body Stories Salted Caramel Body Mist
(£2, poundland.co.uk)
Some people like traditional spicy and woody Christmas scents, but as a party perfume, I prefer a feel-good fragrance that reminds me of sun-soaked beaches to warm things up over the festive season. This is super-hydrating, and leaves your skin dewy, with the comforting scent of salted caramel that will linger all night long. It's very similar to Sol de Janeiro Sol de Janeiro Cheirosa 62 Perfume Mist (£19.20, lookfantastic.com) deliciously scented with pistachio, jasmine and salted caramel.

BEST BEAUTY TIP: If you want your scented body mist to last longer, moisturise first with body lotion, letting it dry in before applying. It's quicker to use a spray, so choose a fast-absorbing one such as Vitamin E Moisturising Body Lotion Spray (Currently £3.33, boots.com)

£2
body stories
BODY MIST
Salted Caramel
best beauty dupe

PICTURES: GETTY IMAGES, PAUL BULLER

£5.39
fresh face
DEWY SETTING SPRAY
CUCUMBER
SNOW MUSHROOM
BarryM

5 THE MAKE-UP SAVER

Barry M Fresh Face Setting Spray Dewy
(currently £5.39, barrym.com)
If you want your make-up to last all day – and night – you need to use a setting spray. There are plenty to choose from for all skin types, but for my dry complexion I prefer one that has a dewy finish that is hydrating as it keeps everything looking fresher for longer. This has skin-loving ingredients that include cucumber extract and snow mushroom.

BEST BEAUTY TIP: For best results, hold 8-10 inches away from your face and spray lightly in an "X" shape (avoiding your eyes). Apply over make-up and allow it to dry completely.

DON'T MISS THE DECEMBER ISSUE

IT'S THE LEGENDARY CHRISTMAS ISSUE!
GOODHOUSEKEEPING.COM/UK DECEMBER 2025
Good Housekeeping
GH KITCHEN
It's the most wonderful food of the year
All they want for Christmas
10 PAGES OF PRESENTS TO TREASURE
WE'RE DREAMING OF…
Magical decorations, dazzling dresses
So this is CHRISTMAS
Share the joy with Jamie and Jools Oliver
+
ALL IS CALM, ALL IS BRIGHT
Festive calamities sorted!

ON SALE NOW

The VIP* gift guide

(*Very Important Presents!)

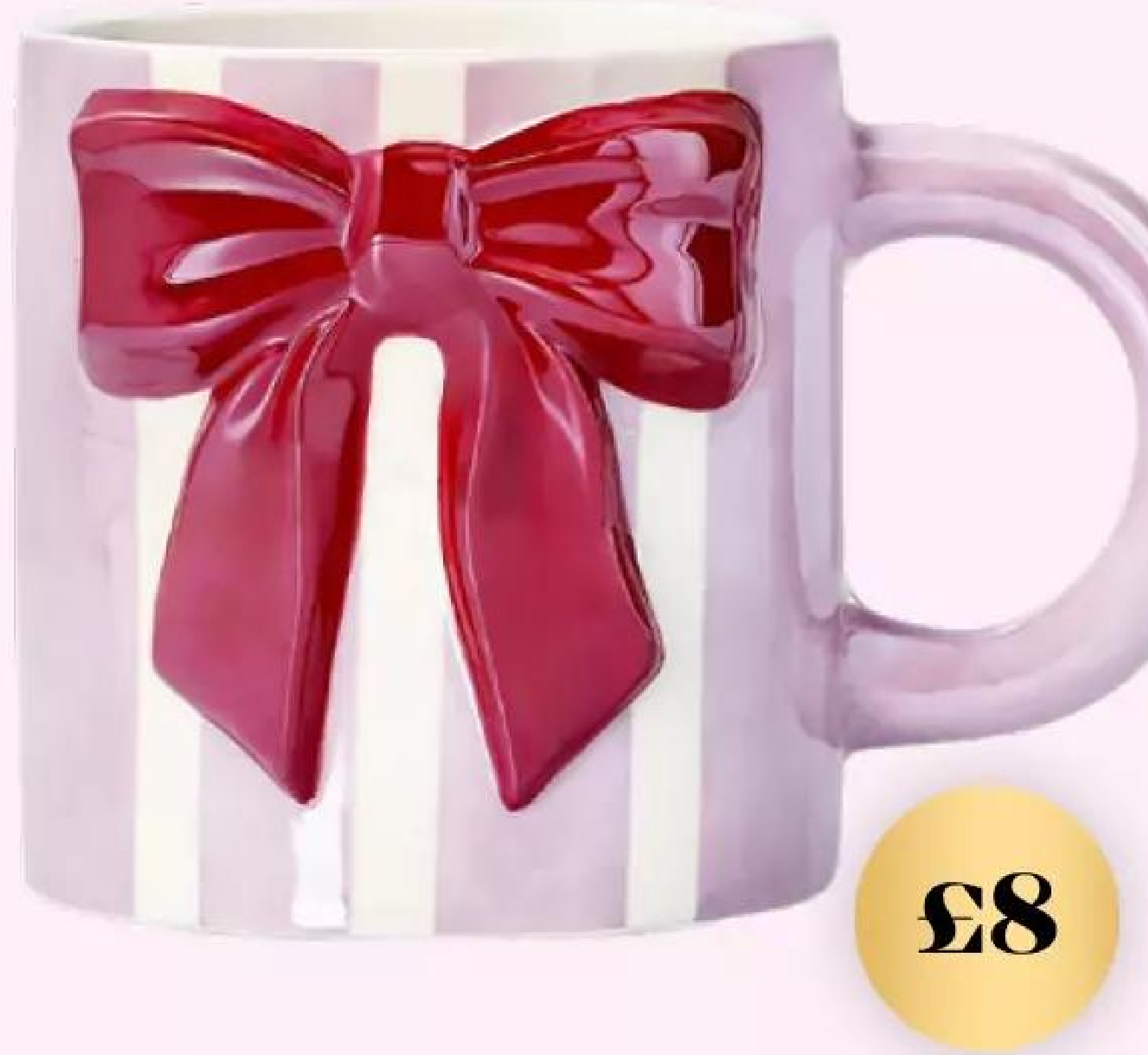
If you are looking for festive shopping inspiration, we've got you covered! From stocking fillers to something a little special, here's our pick of the best presents for Christmas 2025...

Turn over for more

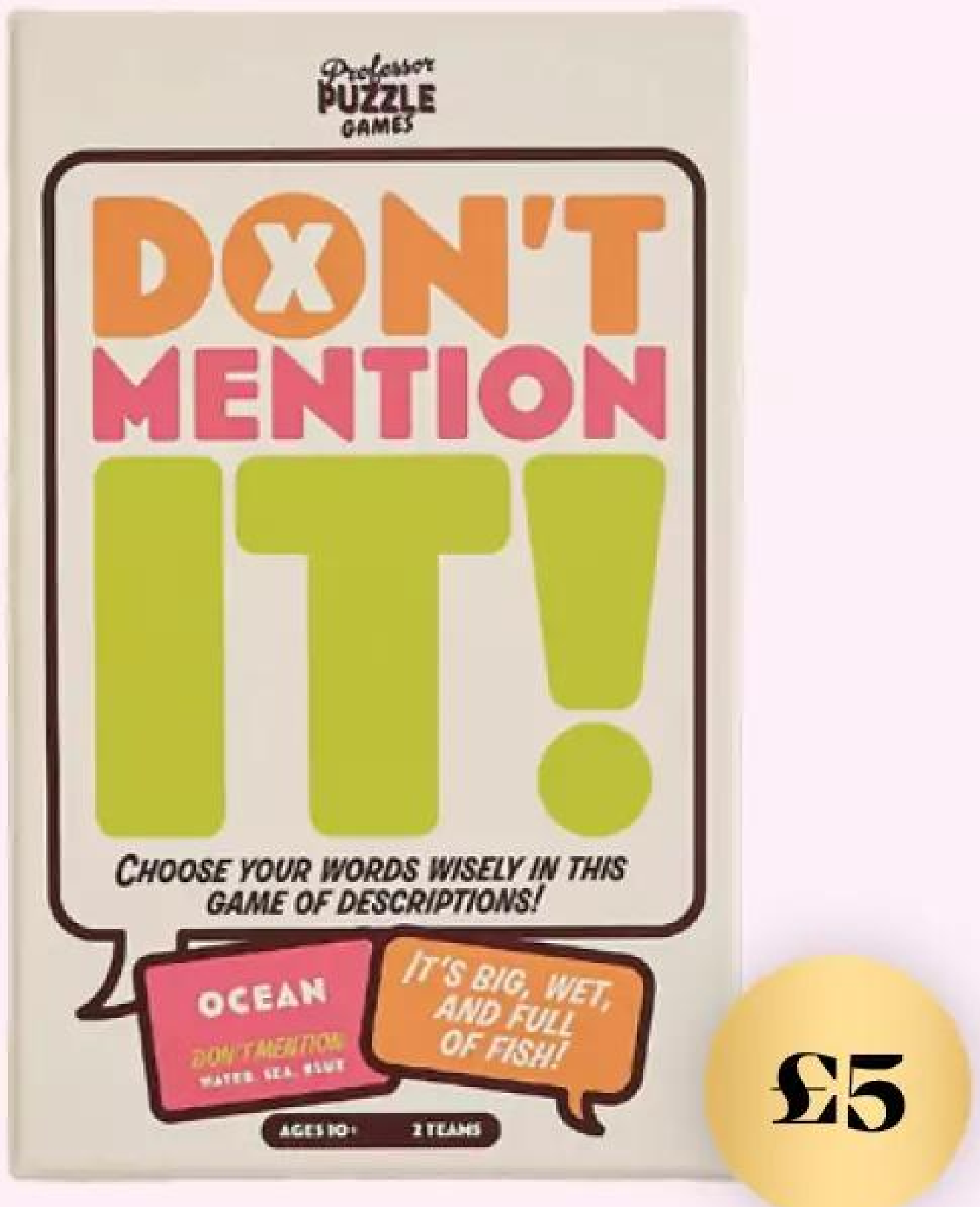
PICTURES: GETTY IMAGES

Terrific treats FROM £1

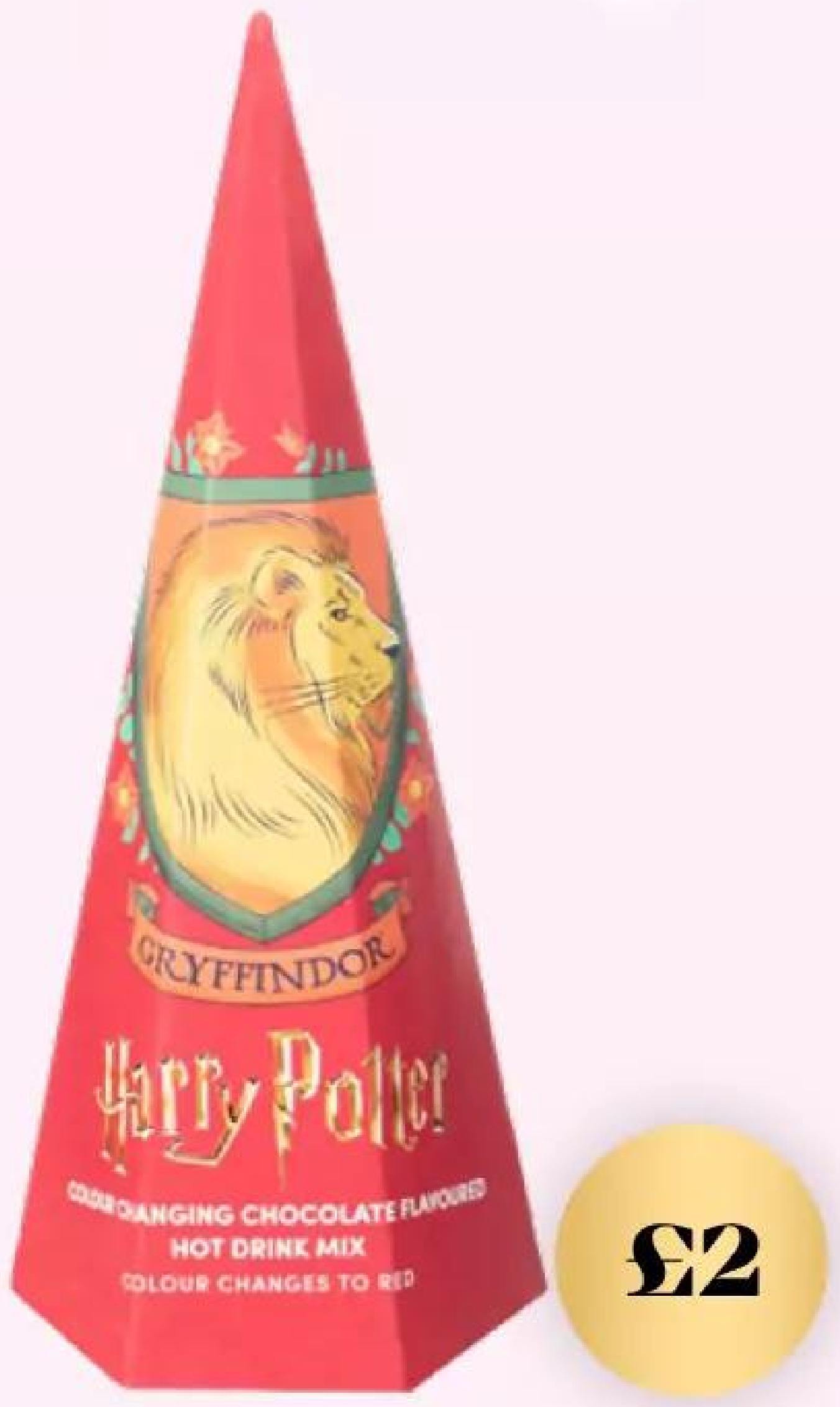
Perfect for stocking fillers or for Secret Santa gifts.



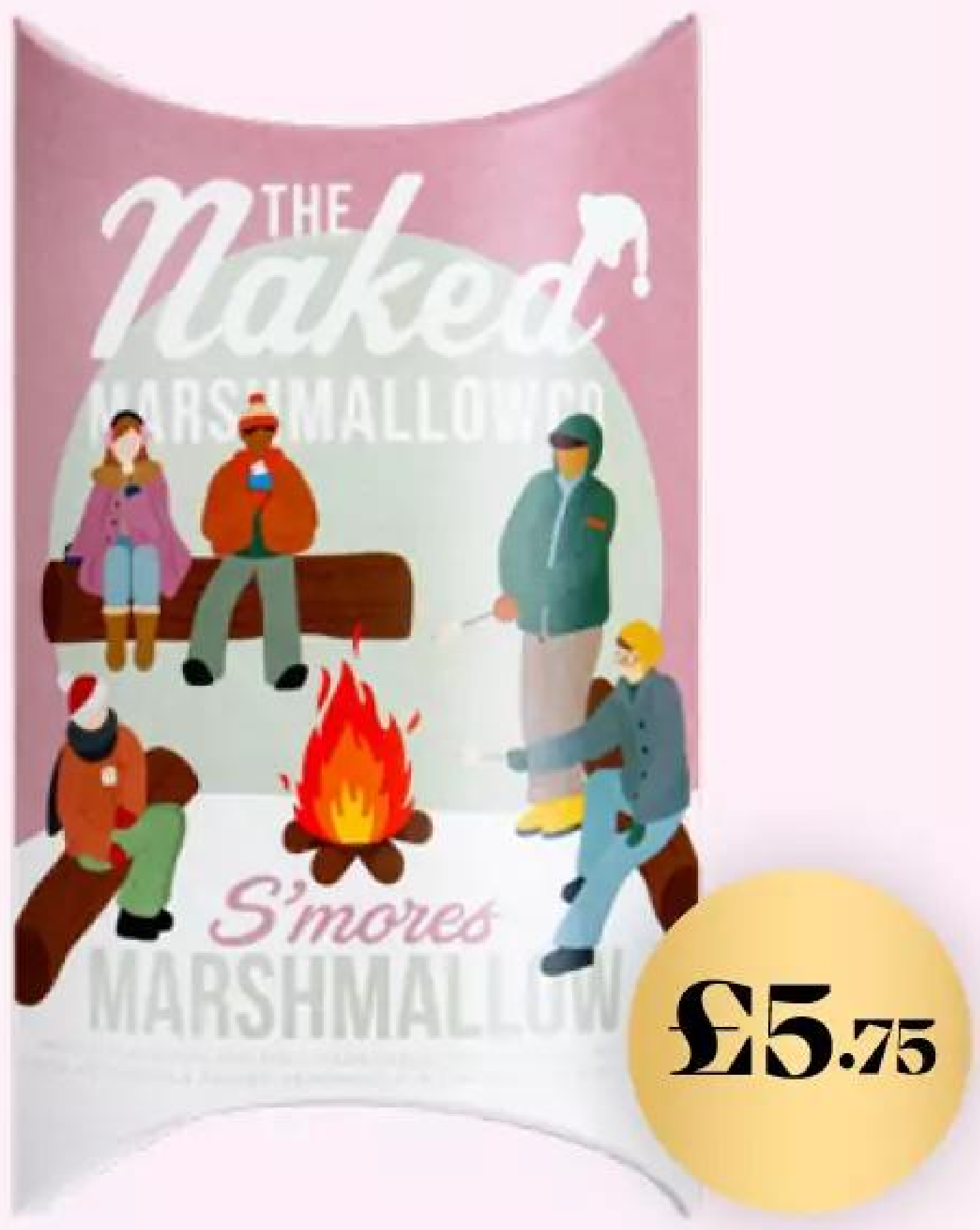
Mug
Flying Tiger


Professor PUZZLE GAMES
DON'T MENTION IT!
CHOOSE YOUR WORDS WISELY IN THIS GAME OF DESCRIPTIONS!
OCEAN
IT'S BIG, WET, AND FULL OF FISH!
£5

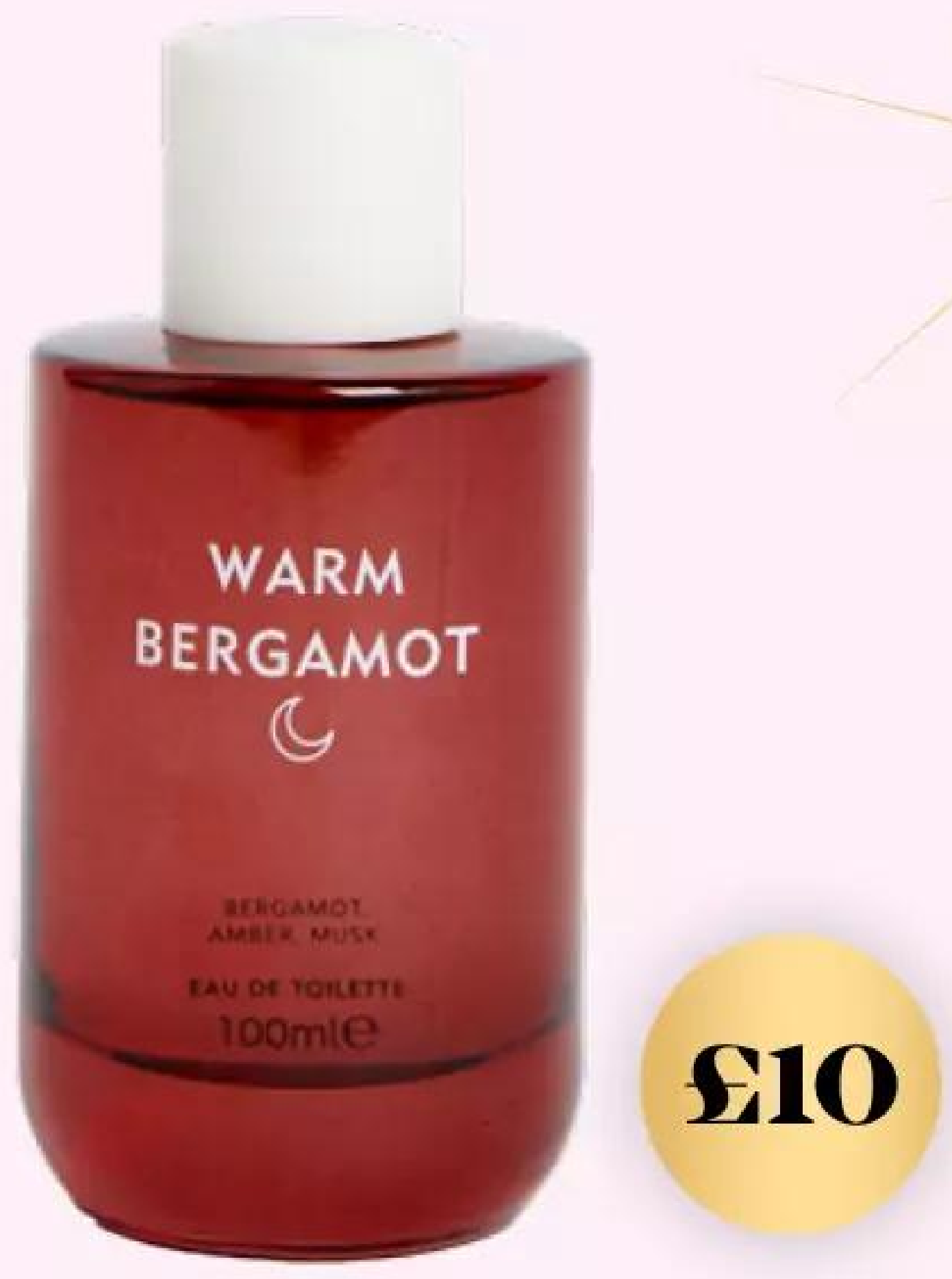
Card game
Dunelm


GRYFFINDOR
Harry Potter
COLOUR CHANGING CHOCOLATE FLAVOURED HOT DRINK MIX
COLOUR CHANGES TO RED
£2

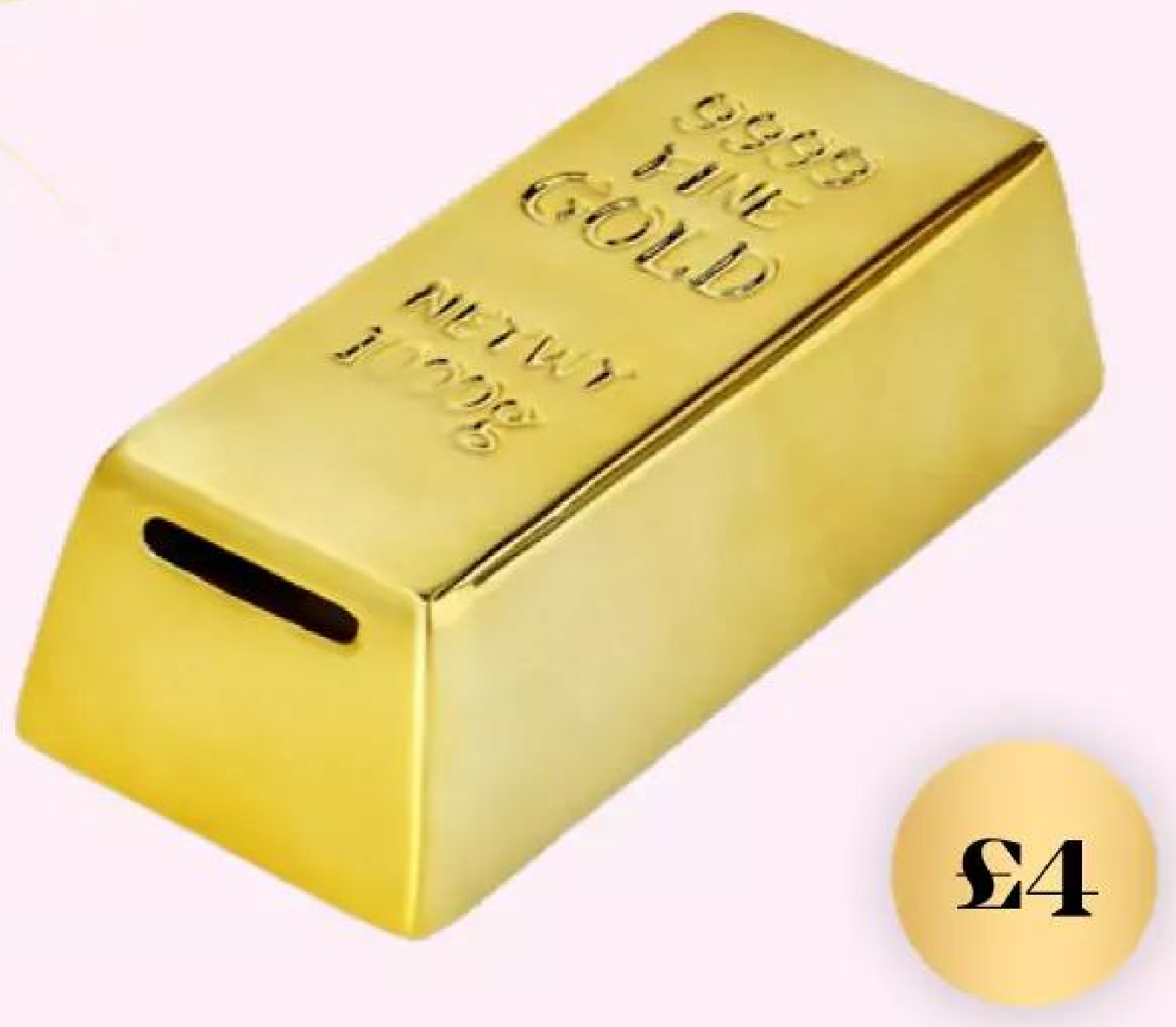
Hot chocolate
B&M


THE Naked MARSHMALLOW CO
S'mores MARSHMALLOW
£5.75

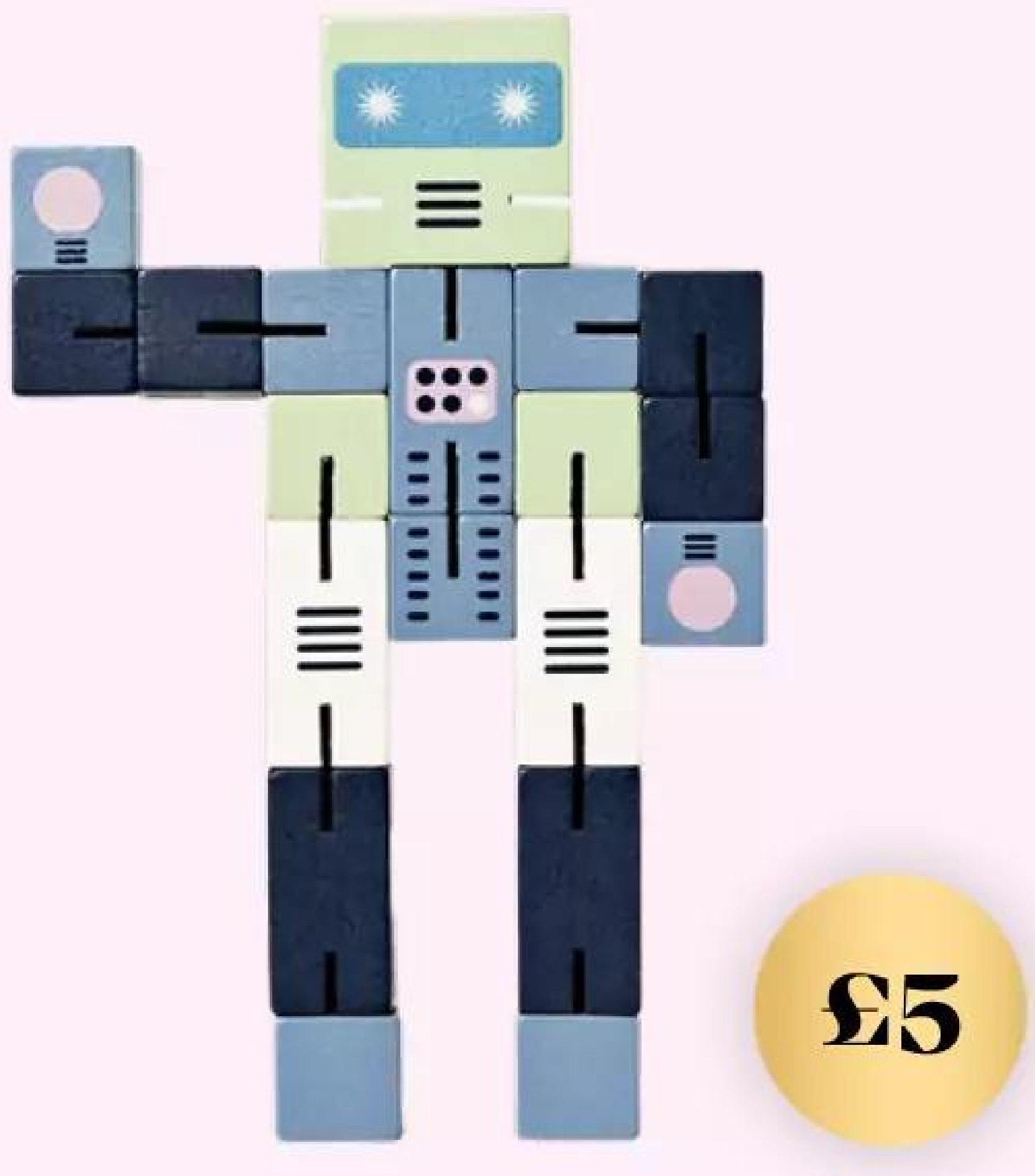
Marshmallows
Gourmet Marshmallow Company


WARM BERGAMOT
BERGAMOT AMBER MUSK
EAU DE TOILETTE
100ml
£10

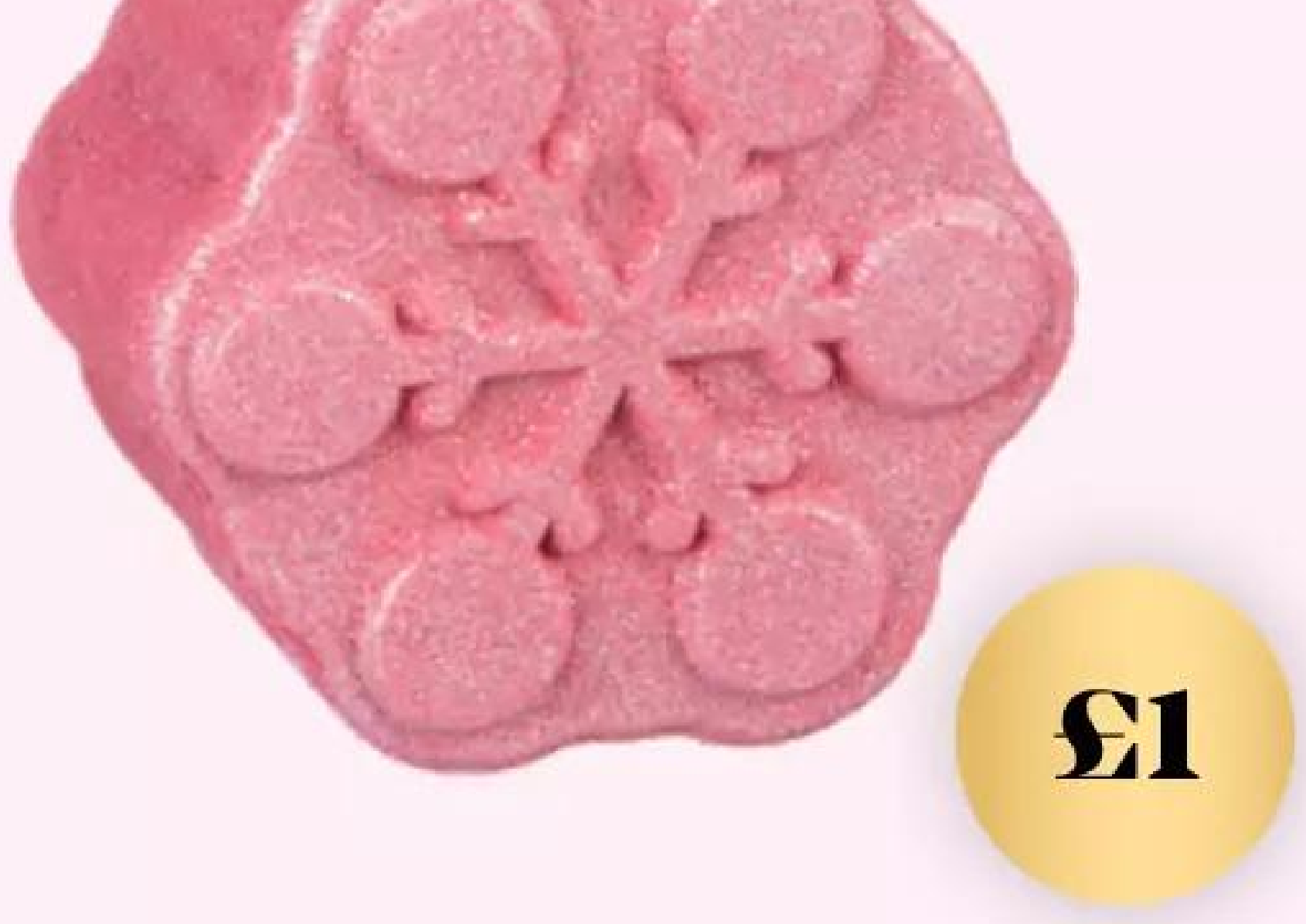
Fragrance
M&S


999.9 FINE GOLD
NETT WT 1000g
£4

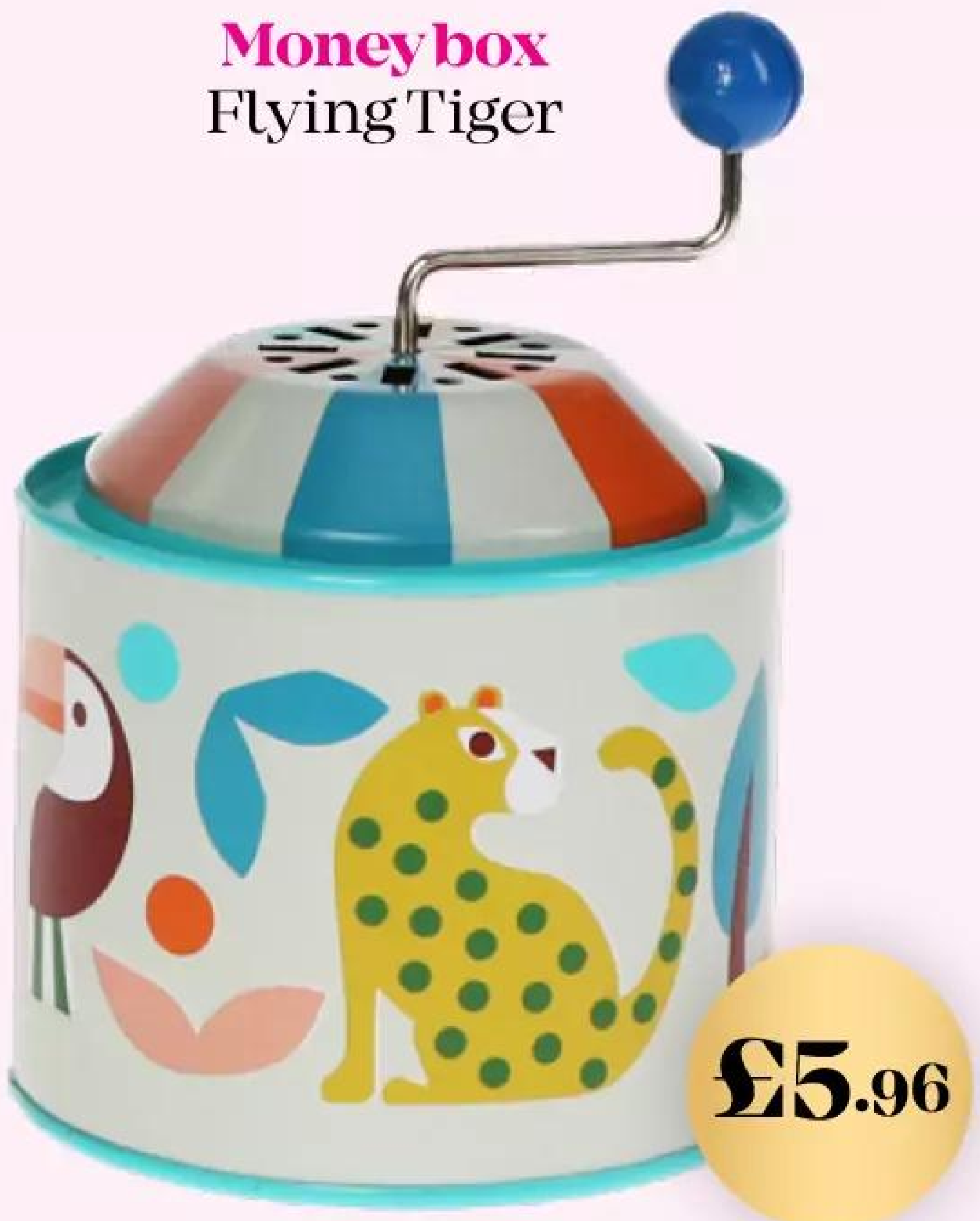
Money box
Flying Tiger



Robot game
Flying Tiger



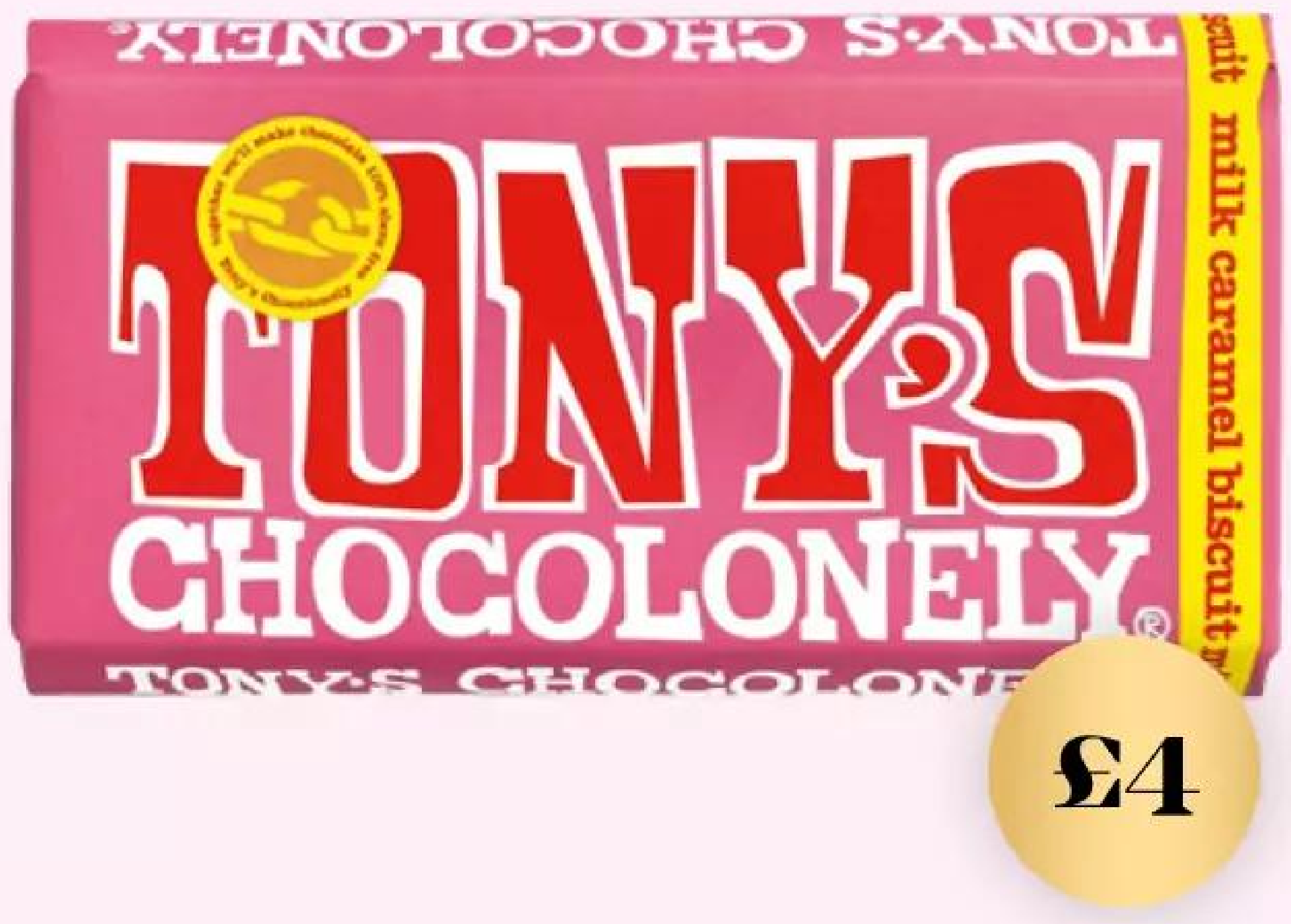
Bath fizzer
B&M



Music box
Rex London

Ariel Lego
John Lewis

Biscuits
Cartwright & Butler at Moonpig



Mini plush
Build-A-Bear

Body Mist
White Fox at Boots

Chocolate
Tony's Chocolonely

Earrings
Next

Booties
Next

Bluey annual
The Works

Make-up bag
B&M

Bottle opener
Amazon

Hand cream
Laura Ashley

PICTURES: *GETTY IMAGES* COMPILED BY: *LARA NUGENT*

Turn over for more gifts

GIFTS galore...

You can tick off everyone on your list with our pick of perfect pressies

Slippers for men
Seasalt Cornwall

Miffy manicure set
Cath Kidston at Boots

Sketch skateboard
Amazon

THE OFFICIAL ANNUAL
NETFLIX
STRANGER THINGS
ANNUAL 2026
£12.99

***Stranger Things* annual**
Amazon

Jumper, age 3-6
Matalan

DUBAI CHOCOLATE RUM
£20

Dubai Chocolate Rum
Master of Malt

Tickle Me Elmo
B&M

EXTREME SILENCE!
JOG ON THE SPOT
£24.99

Tomy Extreme Silence
Amazon

Throw
Oliver Bonas

Ariana Grande Elphaba Enchanted
Boots

Jigsaw
The Northern Line

Jumper
Primark

Lip duo
Clarins

Scented candle
Kelly Hoppen at M&S

Pop-up Stitch
Very

Sleep set
Matalan

Biscuit tree
Dobbies

Gloves
Oliver Bonas

***Wicked* playset**
B&M

Neom Moment of Calm gift set
Next

PICTURES: *GETTY IMAGES* COMPILED BY: *LARA NUGENT*

Turn over for more gifts

A LITTLE *luxury…*

If you are looking to splash out on one amazing gift, we've come up with some inspiration

£42

Letterbox bouquet
Bloom & Wild

£149

Bluetooth speaker
Bose

£50

Scooter
Argos

£62.99

Watch
Sekonda

£44.50

Soap & Glory Star of the Show
Boots

From £59

Carolina Herrera Bomba
The Perfume Shop

£179

Shark 5-in-1 hair styler
Very

£50

Bracelet
Maudella

PRADA
MILANO
£115

Prada Paradigme men's fragrance
The Perfume Shop

Echo Dot Kids
Amazon

12 Days
of Wine
£60

12 Days of Wine tasting gift set
Virgin Wines

CARTWRIGHT & BUTLER
Merry Christmas
£49.99

Cartwright & Butler festive celebration hamper Moonpig

SEKONDA
£64.99

Watch
Sekonda

LEGO
FORTNITE
10+
77077
1084 pcs
£89.99

Fortnite Lego
Very

Mobile phone printer
Instax

N07 Renewed Skin collection gift set
Boots

tonies
£99.99

Toniebox
Very

Handbag
Joe Browns

Heated throw
Lakeland

ORRIS MIMOSA
RITUALS...
£58

Orris Mimosa diffuser
Rituals

PICTURES: *GETTY IMAGES* COMPILED BY: *LARA NUGENT*

Ruth Rathblott meets Santa as a child

Ruth and her lovely mum

She loved her trip to Antarctica

Driving home for C
I’d rather travel th

Ruth Rathblott’s mum loved the festive period, now she travels every December to keep her spirit alive...

‘What on earth am I doing!?’ I texted my friend, panicking when I arrived at the airport.

It was December 2015, and I was about to jet off to Barcelona for the Christmas holidays, alone – over three thousand miles away from my New York City home.

‘Just go!’ my friend pinged back. ‘You’ve got to keep moving forward.’ It was a simple message, but one I desperately needed, because just two months earlier I’d lost my beloved mum after a long struggle with dementia.

My mum, Katherine, was my best friend and her death had sent me into the throes of grief, something only made worse by the recent end of my 10-year relationship.

With mum gone and my relationship over, the approaching holidays loomed over me like a dark shadow. But I didn’t want to dread Christmas: it had been my mum’s favourite time of year and was the origin of so many precious memories.

If there’s one thing I’ve learned

‘Travel stretches us; it pushes us to say yes, stay curious, trust ourselves, unhide, and be grateful.’

Growing up, we’d always had the tallest tree during the festive season; it shined bright with its perfect twinkling lights, and I’d gaze at it in awe.

Like most kids, my sibling and I would race down the stairs to see what was waiting for us under the tree on Christmas Day. Mum and Dad would stand excitedly in the back, and I will always remember the look of love on their faces.

So, after I lost my mum, one day I woke up and said to myself: ‘Okay, I can sit and wallow at home this Christmas, or I can at least do it somewhere new.’

Fortunately, my parents had brought me up with an adventurous streak. Mum had always been an avid traveller, and encouraged me to be the same. She wanted me to be bold, brave and take risks. A solo Christmas trip would’ve been right up her street.

After a quick browse online, I settled on Barcelona and booked the flights before I could change my mind. I told myself even if I stayed in the hotel room the entire time, at least I’d still tried – but the resulting trip was so much more magical than that.

When I arrived in Barcelona, the hotel room barely saw me. I took in the brilliance of Gaudí’s architectural designs at the Sagrada Família, I squeezed past locals in bustling Spanish markets, and of course, indulged in real patatas bravas and churros!

Spending the festive period in a city thousands of miles from home was a strange feeling. But I knew that strange didn’t

Meeting elephants in Africa

She went on a day trip to Costa Brava in 2015

Christmas in Morocco was a great experience

hristmas? e world!

mean bad, just different.

When Christmas Eve rolled around, I found an initiative called 'EatWith' designed to bring strangers together over food. We were hosted by a local couple who served a Christmas-themed dinner, and what a treat it was.

Each chair was filled by someone from a different country with their own story to tell. We exchanged laughter and tears as we filled our bellies with various home-cooked dishes. It was the perfect cure for loneliness.

At the end of the holiday, I vowed to myself that I'd jet off on a new trip every Christmas, in honour of my mum's adventurous spirit. And that's exactly what I've done. I'd spend every year saving up for my next adventure.

In the past decade, I've visited more than 15 countries during the festive period. I've travelled solo and in tour groups at countries that are trickier to navigate, and have made tracks in Prague, Thailand, Laos, Botswana, Peru – even Antarctica!

I always make sure to celebrate Christmas itself, even if it's only in a small way. To me, the trip is my Christmas gift; I get to indulge all five senses and experience life as someone new.

I've hot air ballooned over Marrakech, have ridden camels, waddled amongst the penguins and trekked in my mum's old hiking boots until they literally fell apart. She'd be so proud!

My trip to Antarctica was met with a mixed reaction – not everyone loves extreme temperatures – but to me, waking up on a boat and seeing the icebergs with a hot chocolate in hand was a once-in-a-lifetime experience.

Going on these adventures has not only helped me feel like I'm still connected to my mum, but it's also enabled me to stop hiding who I am. You see, I was born with a limb difference, and I had spent so many years of my life trying to hide the fact I don't have a left hand. But travelling taught me to embrace who I am and start doing instead of hiding.

I've fully immersed myself in all the different cultures I've visited, whether that's by eating a tarantula – yes, a tarantula! – or making authentic red curry with locals. Every country has its own norms, and I make a point of experiencing them in the short time I have there.

Plus, I've had the joy of experiencing what Christmas looks like all over the world. Even in countries like Morocco where I thought maybe they wouldn't celebrate Christmas at all, I was proven wrong.

My dad who's 85 has recently been inspired to give my yearly tradition a go too, after losing his wife. This Christmas he's setting off to Ethiopia for a solo trip, and I can't wait to see it energise his spirit like it has mine.

Now, in my 50s, I of course still miss Mum every Christmas, but I'm so grateful to have inherited her adventurous spirit. I can't wait to see what other journeys lie ahead in my future and all the opportunities I'll say yes to. So if you're looking for a sign this Christmas, just remember: keep moving forward.

> **“I CAN'T WAIT TO SEE WHAT OTHER JOURNEYS LIE AHEAD IN MY FUTURE”**

WORDS: JENNY MEDLICOTT

Stuff the turkey…

and try one of these Christmas alternatives

Chicken Wellington

A fantastic alternative to beef Wellington, and easier to perfect. Cooking the Wellington on a wire rack allows for any leaking juices to escape without making the base pastry soggy.

Hands-on time 40min, plus cooling and chilling. Cooking time about 1hr 5min. Serves 8.

- **8 Parma Ham slices**
- **2 x 320g sheets puff pastry**
- **1 medium egg, beaten**

FOR THE FILLING

- **375g chestnut mushrooms**
- **25g butter**
- **600g skinless chicken breasts**
- **½tsp ground nutmeg**
- **400g pork mince**
- **50g dried apricots, finely chopped**
- **1tsp dried sage**

1 For the filling, pulse the mushrooms in a food processor until finely chopped. Melt the butter in a large frying pan over high heat. Add the mushrooms and plenty of seasoning and fry until golden and there's no moisture left in the pan. Cool completely.

2 Next, in the food processor, pulse the chicken, nutmeg and some seasoning until finely chopped.

3 Lay a large sheet of baking parchment on a work surface. Arrange the Parma Ham slices on top to make a rough 28 x 36cm rectangle, overlapping where needed. Spread over the cooled mushroom mixture, followed by the chopped chicken, leaving a small border at the edges.

4 In a medium bowl, mix the pork mince, dried apricots and sage and some seasoning until combined. Place in a sausage shape lengthways down the centre of the chicken layer. With the help of the base parchment, lift the long edges up to meet, shaping into a neat roll. Wrap in the parchment and chill for 30min, to firm up.

5 To assemble, unroll a pastry sheet and lay the unwrapped filling sausage on top. Brush the visible Parma Ham and base pastry with egg. Unroll second pastry sheet, then roll out a little larger and thinner with a rolling pin. Lay over the filling and base pastry, smoothing to cover. Press and crimp edges to seal, trimming excess pastry.

6 Transfer on to a wire rack and sit over a baking tray (see intro). Brush with egg and lightly score a diamond pattern into the pastry, if you like. Chill for 30min.

7 Preheat oven to 200°C (180°C fan) mark 6. Cook the Wellington for 50-55min, or until deep golden and the internal temperature reads at least 75°C on a digital thermometer. Leave to rest for 10min before transferring to a board or serving plate. Serve in slices, with gravy, if you like.

PER SERVING 464cals, 36g protein, 26g fat (12g saturates), 21g carbs (4g total sugars), 3g fibre

GET AHEAD
Prepare to end of step 6 up to a day ahead. Loosely cover and keep chilled. Complete recipe to serve.

GET AHEAD Complete recipe up to two days ahead, cool, then loosely wrap in baking parchment, then foil, and chill. Leftovers will keep in the fridge for up to four days.

TIP The used poaching liquid makes a great stock for soups. Cool and chill or freeze until needed.

Cosmopolitan-Glazed Ham

The tangy and tart fruit flavours of a classic Cosmopolitan cocktail make a great accompaniment for rich and slightly salty ham. For a more traditional finish, press a whole clove into each diamond in the fat before roasting.

Hands-on time 25min, plus cooling. Cooking time about 3hr 5min. Serves 10.

- **3kg whole boneless smoked or unsmoked gammon**
- **2 onions, thickly sliced**
- **1 large orange, thickly sliced**
- **2 bay leaves, fresh or dried**
- **1tsp black peppercorns**
- **1tbsp demerara sugar**

FOR THE GLAZE

- **5tbsp smooth cranberry jelly or sauce**
- **75ml triple sec or Cointreau**
- **Finely grated zest 1 large lime and juice of ½**

1 Weigh the gammon and calculate cooking time, allowing 45min per kg. Put the onion slices in the bottom of a large deep pan (that has a lid), place the gammon on top and add the orange slices, bay leaves and peppercorns. Add cold water to cover the gammon.

2 Cover with the lid and bring to the boil over high heat. Remove lid, reduce heat to low and simmer for the calculated time, skimming off any surface scum and topping up with more water as needed.

3 Transfer the ham to a board and leave to cool for 20min. Meanwhile, make the glaze. In a small pan, bubble the cranberry jelly/sauce and triple sec/Cointreau for 8-10min, stirring frequently, until sticky and reduced. Remove from heat and whisk in the lime zest and juice.

4 Preheat oven to 220°C (200°C fan) mark 7 and line a roasting tin that will just fit the ham with a layer of foil. Untie ham, if needed. Using a sharp knife, slice off the skin, leaving a good layer of fat. Slice a close diamond pattern into the fat (not cutting down into the meat). Sit in the lined tin, fat-side up. Brush 2/3 of the cranberry glaze over the ham fat and meat. Sprinkle over the sugar.

5 Roast for 25-30min, basting with remaining glaze every 10min, until deeply caramelised. Serve warm or at room temperature in slices.

PER SERVING 448cals, 53g protein, 23g fat (8g saturates), 5g carbs (5g total sugars), 0.3g fibre

Turn over for more

GET AHEAD
Prepare and cover to end step 6 up to a day ahead. Cover and chill. Complete recipe to serve.

Vegan Mushroom Spiral

If not cooking for vegans, you can use honey instead of the maple syrup, if you prefer. Check your soy sauce is vegan, if needed.

Hands-on time 45min, plus cooling. Cooking time about 1hr. Serves 6.

- **30g dried porcini mushrooms**
- **5tbsp olive oil, plus extra to grease**
- **250g chestnut mushrooms, roughly chopped**
- **150g oyster mushrooms, roughly chopped**
- **3 garlic cloves, crushed**
- **3 thyme sprigs, leaves picked**
- **1tsp cayenne pepper**
- **1tbsp soy sauce, see intro**
- **200g spinach**
- **7 large filo pastry sheets, we used Jus-Rol**
- **2tsp maple syrup, see intro**
- **2tbsp mixed seeds**

1 Put the dried porcini into a heatproof bowl or jug and cover with just-boiled water. Leave to soak until needed. Heat 1tbsp oil in a large, deep frying pan over high heat and cook the chestnut and oyster mushrooms for 10min, until golden and any moisture in the pan has evaporated.

2 Reduce heat to medium and stir in the garlic, thyme, cayenne and plenty of seasoning and cook for 1min, until fragrant. Stir in the soy sauce, followed by the spinach, in batches if needed, until the spinach wilts.

3 Drain the soaking porcini, roughly chop and add to the mushroom pan. Set aside to cool.

4 Preheat oven to 200°C (180°C fan) mark 6 and grease and line a 20.5cm springform tin with baking parchment. Lay a filo pastry sheet with a long edge closest to you. Brush the top with a little oil. Lay a second pastry beside the first, overlapping the short edges slightly to make a long, thin rectangle. Brush the second sheet with oil. Lay on 4 more filo sheets, stacking and brushing with oil to make the rectangle 3 layers thick.

5 Spoon on the filling in a line 2cm up from the long edge closest to you, and leaving a 2cm border on both sides. Fold in both short edges on to the filling, then carefully roll up from the long edge closest to you, ending with the seam at the bottom.

6 Starting from 1 side, curl the roll into a spiral. Use the remaining filo pastry sheet to patch up any splits, if needed, brushing with oil to stick. Carefully transfer to the lined tin, pressing down gently on the spiral to flatten to fill the tin (and any gaps). Mix remaining oil with the maple syrup and brush over the top of the spiral. Sprinkle over the seeds.

7 Cook in the oven for 45min, covering with foil for the final 10min if getting too dark. Leave to cool in the tin for 5min, before transferring to a board and serving in slices.

PER SERVING 285cals, 9g protein, 30g fat (2g saturates), 30g carbs (4g total sugars), 4g fibre

WORDS & PICTURES: *HEARST*

Wine of the week!

with Olly Smith

Sharing his passion for wine for 20 years, Olly's a regular on *Saturday Kitchen*, a food hero for P&O Cruises and award-winning author of eight books. His brand-new book *Wine: Everything You Need to Know* is out now! With his extensive knowledge of all things booze, the only thing Olly is more enthusiastic about than a glass of the good stuff, is sharing it as widely as possible. Here's his boozy bargain find for this week...

WAITROSE LOVED & FOUND TOURIGA FRANCA 2024 (13%) £9.25

This Portuguese red has a fabulous fragrance to it, almost like a rose in full bloom! It's packed with flavour, but quite light in body which makes it a sensational pairing for your Christmas ham. One tip for you, it definitely pays to decant this wine to open up all the aromas and flavours, so just pour it into a jug before you serve it and it's good to go. A brilliant buy from off the beaten track.

WAITROSE
Touriga Franca

CHOCOLATE AND CHERRY FRIDGE SQUARES

Stir together 225g (8oz) melted dark chocolate, 350g (12oz) crushed digestive biscuits, 125g (4oz) melted unsalted butter, 2tbsp golden syrup, 2tbsp cherry liqueur, 1tbsp cocoa, 50g (2oz) blanched chopped almonds and 200g (7oz) glacé cherries; press into a lined 20.5cm x 20.5cm (8x8in) tin and leave to set in the fridge before cutting into cubes.

co op
IRRESISTIBLE
Belgian Chocolate
Milk Chocolate Florentines
Try

TREAT YOURSELF!

The Co-op Irresistible Milk Chocolate Florentines, £3.45, are perfect to enjoy with your mid-morning cuppa. They also make a great sweet treat at the end of a heavy meal. Definitely worth keeping a pack or two in your cupboard.

SAY CHEESE!

Add a fun and delicious touch to your cheeseboard with a little help from Asda. Pick up the Pigs In Blankets Flavour Cheddar Truckle, £1.22, which is a bacon-flavoured cheddar, or Gingerbread Flavour Cheddar Truckle, £2.48, which is cheddar combined with crystallised ginger and cinnamon for the ultimate festive treat.

WORDS: *LARA NUGENT* PICTURES: *GETTY IMAGES*

What would

Our celebrity agony aunt, Vanessa Feltz, tackles your problems with her usual wit, wisdom and humour

SECRET SANTA!

We have to stay in my childhood home for over a week for the Christmas period, and my partner and I are in a tiny single bed, right next to my parents' room. How can we have any private time without being heard?

Juliet, Bury St Edmunds

Either Christmas will be a sexual famine or you'll have to be super organised. Find out when the parents go to bed, when they get up and when there's a period of time that they are unlikely to be holed up in their bedroom, then dash upstairs and get down on it! Obviously, this is not the best moment to give loud grunts and full-throttled mega-decibel shouts of 'Yes! Yes! Yes!' Keep the volume down! But don't give up on rumpy-pumpy altogether. Christmas is meant to be about loving, giving, closeness and intimacy.

KEEPING THE MAGIC ALIVE...

How do I keep the magic of Father Christmas alive for my child when his friends don't believe in him any more? He's only eight...

Denise, Canterbury

Every child deserves to experience Christmas at their own pace. If your eight-year-old's friends are too cynical or sophisticated to believe in Santa, that doesn't mean he has to be dragged along with them. Tell him it's a shame his pals think as they do, but you know better and so do all the millions of children all over the world who can't wait for Father Christmas to slide down the chimney. Tell him all the fabulous Christmas magic you have planned: mixing the pudding, decorating the tree, visiting Santa's grotto, going to a pantomime and say you are just checking he still wants to be included in all the excitement. Just because his mates aren't up for fun, it would be a shame if he ruled himself out of all the great stuff. You will capture his imagination and he'll realise he has permission to throw himself wholeheartedly into everything. He won't want to miss a moment.

PICTURES: GETTY IMAGES, NICKY JOHNSTON

Vanessa say?

Got a problem?

Email your questions to *AskVanessa@ hearst.co.uk*

WHERE TO GO?

My partner and I are fighting over whose family to visit on Christmas Day. How do we decide fairly?

Joanie, Kerry, Ireland

When both sides want to host you for Christmas, there's only one thing to consider – absolute fairness. If geography means you can't squeeze visits to both families into the same festive season, it simply has to be one side one year and the other the next. If they live close together, split your company creatively between the two. You can do Christmas Eve with one side, breakfast on the big day at the other and all get together for a pizza picnic on Boxing Day. Use your imagination. Mix and match. Just don't forget to carve out some time to celebrate with your own nuclear family unit. Don't get bogged down in obligations and forget to have fun.

LONELY THIS CHRISTMAS...

I'm worried about spending Christmas alone and feeling isolated now that I'm single. This is the first Christmas in 25 years that I've not been in a relationship. I feel really odd about the whole thing.

Lesley, Broadstairs

It's clear, like me, you are not a person who feels comfortable or liberated by the thought of spending Christmas on your own. So it's up to you to make sure you don't have to. Turn yourself into a hostess and ask people to join you on Christmas Day. They don't all have to be singletons. You can mix in families, neighbours, relatives and even plus ones you've never met. Get everyone to bring a course. Be relaxed and see what happens. If you don't want to host, think about going on the kind of holiday that involves joining like-minded people and communal meals – a yoga retreat, for example. Don't put up with a solo Christmas if you can't stand the idea. Get cracking, throw a few quid at it and organise yourself a day you can truly look forward to.

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podcast
best ED-IN-CHIEF
SIOBHAN WYKES
This week's guest...
LINDA LUSARDI
A WEEKLY DATE WITH OUR CELEB best MATES ON DATING
LISTEN ON SPOTIFY OR WHEREVER YOU GET YOUR PODCASTS • WATCH ON YOUTUBE

PHOTOGRAPH: *NICKY JOHNSTON*

Presenter and former model, Linda Lusardi on wild days in Vegas, the secret to looking this good at 67, and why *Naked Attraction* turns her right off!

'I cleared out the sh*t in my life, including my ex'

She was the face of Page 3, and now, at 67, Linda Lusardi admits to having mixed feelings about it.

'Part of me is proud of that because if you're going to do something it's good to be the best, and I was voted Page 3 girl of all time, 10 years after I finished. It was different times then, and you can't put today's values on things that happened in the Seventies and Eighties but - I hate to admit it - part of me is deeply embarrassed,' Linda tells this week's *Suddenly Single* podcast.

The model-turned-actress shares details of a wild year before she became famous, when she headed to Vegas with a friend. 'We got drunk every night, and if a nightclub wouldn't let us in because we were wearing jeans, we'd take them off and go in in our knickers!' she screams with laughter . Not something to be proud of!'

Her first marriage was to builder Terry Bailey, and after they split she found happiness with former *Brookside* actor Sam Kane. They've now been married for 28 years.

'It's finding the right person, not settling, which I did the first time. Picking your partner is the most important decision you will ever make. After my friend Angie Layne (another Page 3 model) died of cancer at 31, I cleared out all the sh*t in my life, including my ex-husband. I thought, why am I suffering being with the wrong people, with people who are using me, fairweather friends. They all went.'

Age 67, Linda says it's 'weird' to think of herself as a pensioner. 'You can do exactly what you like but you don't want to any more,' she laughs.

So what's the secret of a successful marriage?

'Humour. I spent so many years in the modelling world with some of the most beautiful men, and most of them were so boring. It's being able to laugh together, having some of the same interests, but allowing yourself to be an individual, too. Sam and I don't row much – probably once a year.'

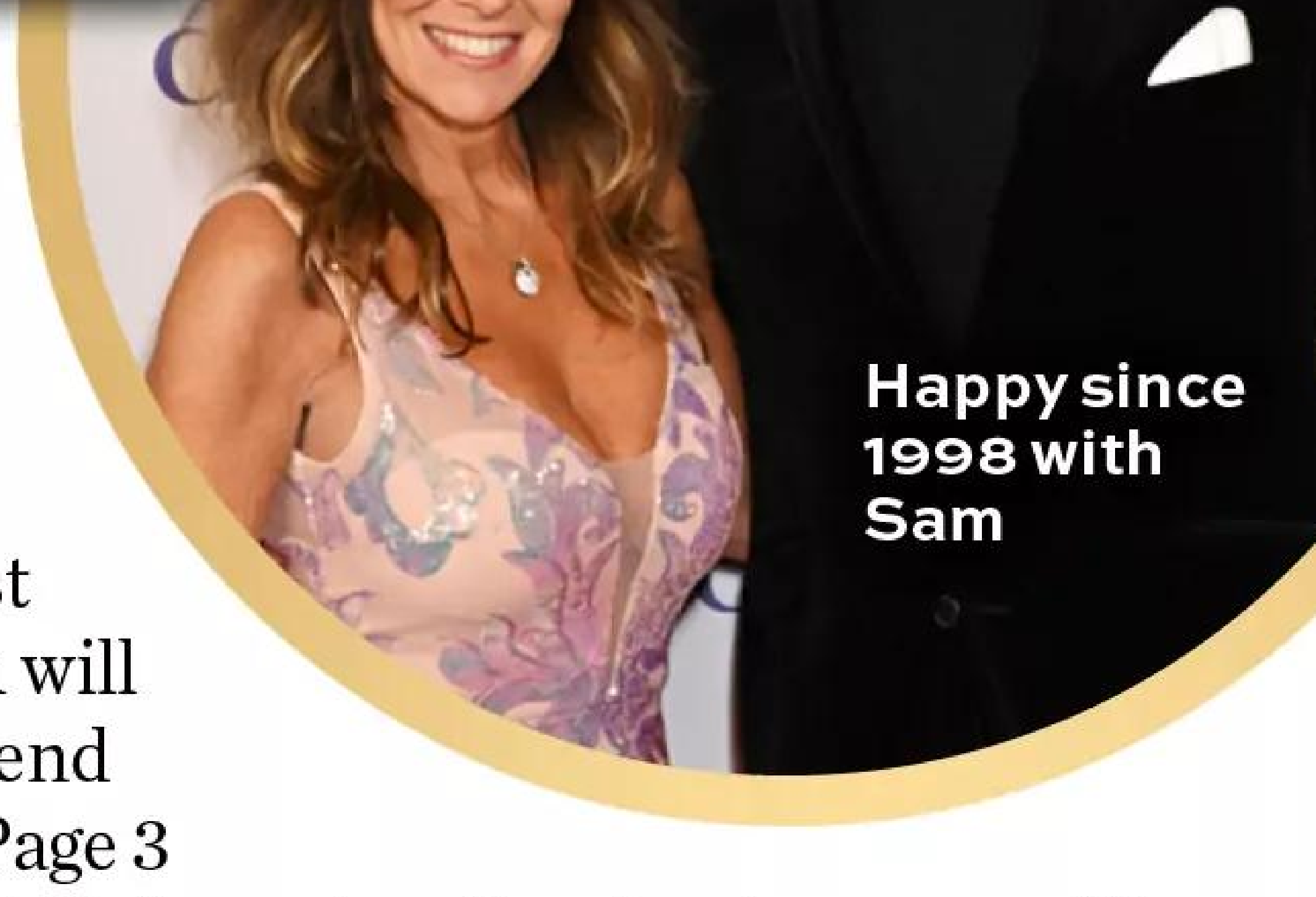
She looks amazing but doesn't dwell on her looks.

'I always wear make-up but honestly, there are more important things in life - your family, your friends.'

As for reality shows like *Naked Attraction*..

'What a shock!' she giggles. You don't normally see willies in all those shapes and sizes, do you?

Asked about her own body, she replies: 'I wasn't satisfied with my body when I was modelling but I look back now and wonder why!'



Happy since 1998 with Sam

Listen to the *best*...

Linda Lusardi is our latest guest, following other household names such as Penny Smith, Sally James and Lady Colin Campbell. Hosted by Editor-in-Chief Siobhan Wykes, her celeb mates spill the beans on their lives and dating disasters. In this episode, Linda reveals her perfect dinner party guests, why she loves going on a cruise and the three-word phrase that her husband has never dared utter again! The podcast is out every Tuesday and you can listen to them all for free on Spotify or wherever you get your podcasts, and you can also watch them all for free on *best* magazine's YouTube channel @best_magazine_uk

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> 'I wasn't satisfied with my body'

WORDS: NATALIE TAMBINI PICTURES: GETTY IMAGES, NICKY JOHNSTON

I’m sorting ou

All **Mandi Simms** wants for Christmas is a clutter-free house – and to find the misplaced Xmas tree she hasn’t seen for 15 years...

Mandi Simms was an avid shopaholic

I always thought I was a savvy shopper, and great at finding bargains. I was so organised that I’d head out to the Boxing Day sales every year to buy half-priced gifts for family and friends and put them away for next Christmas.

Only, by the following December, when it was time to wrap the presents, I couldn’t find any of them – they were lost along with the Xmas gifts I’d bought the year before. And the year before that! They were buried somewhere under the mountains of clothes, shoes and bags that cover almost every inch of every room in my three-storey, four-bedroom house.

I also have a Christmas tree somewhere – but I haven’t seen that in 15 years. It took me a long time to realise I was a hoarder. In fact, it was only when the house started overflowing with my bargains and I had to rent two storage units that it dawned on me I might need help.

From the age of 16, I’d always loved vintage fashion and scoured charity shops and boot sales hunting out unique pieces that I could either wear or sell for a profit at antique markets.

But 15 years ago, my much-loved hobby turned into a debilitating addiction. I realise now that it was triggered after suddenly losing both my mum and dad and had experienced a devastating relationship break-up. I couldn’t stop spending.

To the outside world, everything looked fine – I had lots of friends, a great social life and a successful 18-year career working for a big charity in the marketing and campaigns department.

Her shopping was a coping mechanism

However, every lunchtime, I’d pop out from work to go charity-shop shopping and would come back with lots of bargains. I’d justify the purchases as being eco-friendly and helping out good causes. It’s not like I was blowing all my cash on designer handbags!

> “IT TOOK ME A LONG TIME TO REALISE I WAS A HOARDER”

But the truth was that the dopamine hit of accumulating things I didn’t even need had become a coping mechanism for the grief, loss and sadness I was feeling. And I was spiralling into a deep depression.

Piles of stuff were not only gathering under my desk at work, they were growing bigger at home too. As I lived alone, no one knew just how desperate the situation was becoming. Moving around the house became more and more difficult as the piles grew and took up every inch of space.

I could barely move through my hallway to get to the garden. And I couldn’t throw anything away, believing it might one day come

t my life...

Mandi amongst the piles of clothes

in handy. Or that I should save it for best. I was amassing possessions to try to fill the desperate emptiness inside me.

The beds were covered in stuff so I had no room for people to stay, and the dining table was lost under a mountain of clothes so I couldn't have anyone over for dinner. I was so embarrassed and wouldn't let anybody in.

A few close friends realised what was going on and offered to help me have a clear out, but for me, it never seemed the right time. I know now that clearing out items for someone who is hoarding can feel very traumatic. While it may clear the physical space, it doesn't tackle the psychological root of the problem.

I felt broken. I booked an appointment with my GP and admitted I wasn't coping. When I mentioned I also had a lot of stuff, she asked if I might be experiencing hoarding disorder. I was taken aback – was she really suggesting I was a hoarder?! I was a fun, kind and intelligent career woman – how could that happen to me?

It was a triggering term, and many people don't use it, but it made me realise that's what was happening to me.

The doctor told me about a local face-to-face support group run by the Mary Frances Trust which opened my eyes to the condition. Meeting others going through the same thing was invaluable and my road to recovery began as I started to understand and accept why I was unhappy and that to cope, I was buying things to give me dopamine highs.

Once I'd acknowledged and dealt with the painful feelings, I could start to let it go and move on. Understanding my condition was like breaking free from a prison. And it was the key to the long process of starting to clear my home and sort out my life.

My spending had left me in a lot of debt and after I took voluntary redundancy from work, I decided to start selling some of my beautiful vintage clothes and accessories. But there was so much of it that it was just too overwhelming to sell it online.

So, with the help and support from my local council and an organisation called Rainbow Rising, which helps communities regenerate empty units in the high street, I set up a pop-up shop in my local shopping centre in Walton-upon-Thames. My friends rallied round to help me set it up – I had no idea I had 40 pairs of Converse pumps buried in my stuff!

The shop raises funds and awareness for the charity Hoarding UK. And talking to my customers about my journey is like a therapy session every day. I'm no longer ashamed of my condition – which stats say affects up to four million people in the UK.

I've now emptied the storage units and I'm slowly selling my stash, piece by piece. The dream is that when it's all gone, I can sell my house and buy a clutter-free home in Margate. The process is long, arduous and full of emotion, but I'm so proud of how far I've come.

I've done stand-up comedy to raise awareness – joking about the difficulties of online dating when you can't invite anyone home because they literally won't get through the door! And I've spoken at mental health conferences as I'm now an ambassador for Hoarding UK.

Now, at 60, I've finally owned my disorder. More importantly, I'm regaining my sparkle and I'm healing – and helping others to realise that there is hope. And my friends know not to buy me a Christmas gift this year, because I really, really don't need any more stuff!

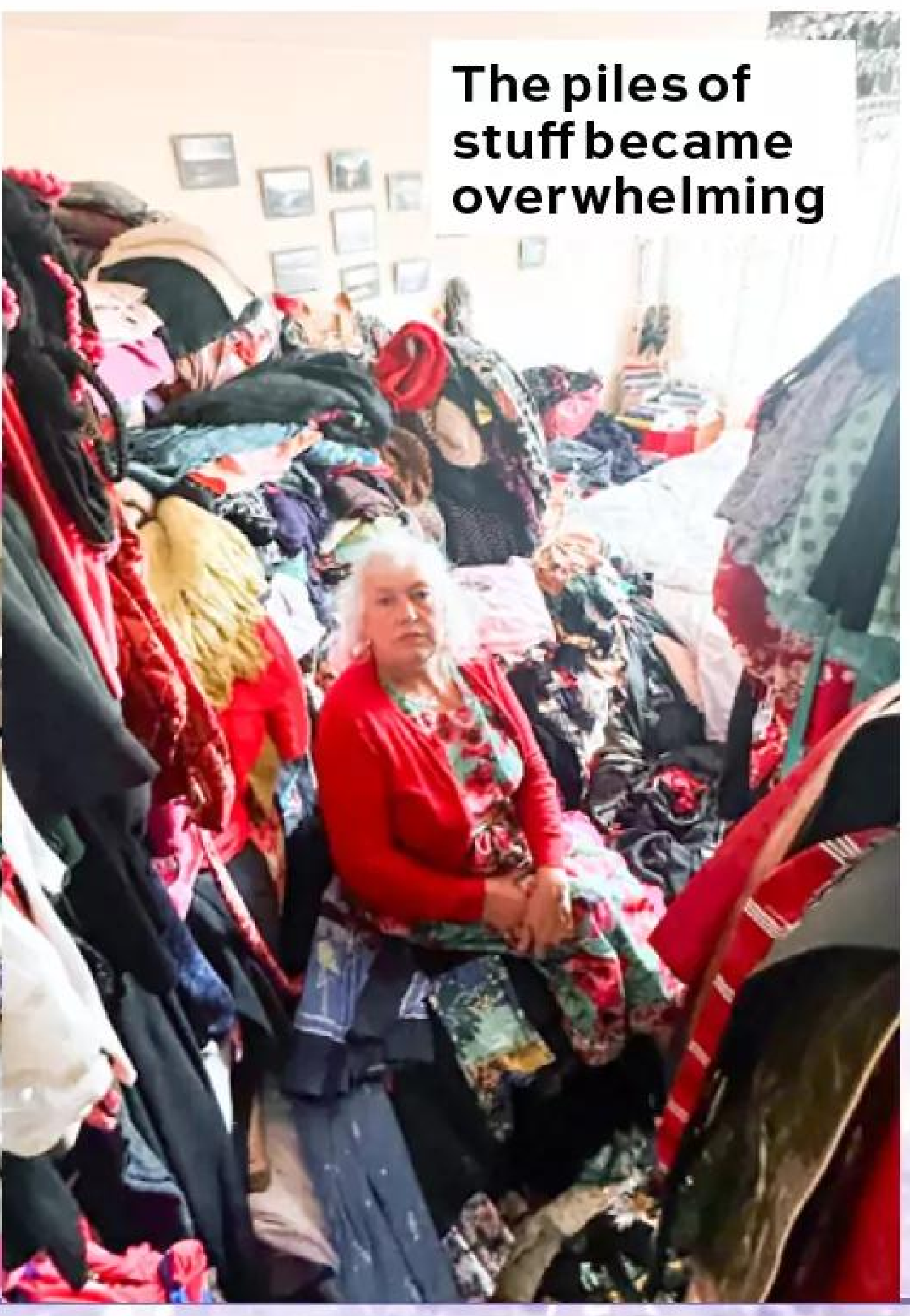
For more information, follow @mint_royale_emporium on Instagram

Mandi selling Converse in her pop-up shop

If there's one thing I've learned

'I know people tend to steer clear of the word "hoarder" as it can be triggering, but knowing I have this mental health condition has helped me start to overcome it.'

Mandi could barely move in her house



The piles of stuff became overwhelming

WORDS: *CLARE MORRISROE*

THE SCENTED HOME
Velvet Plum & Oud
REED DIFFUSER
THE SCENTED HOME
Fir & Cedarwood
REED DIFFUSER
THE SCENTED HOME
Winter Spice & Orange
REED DIFFUSER
THE SCENTED HOME
Rose & Vanilla Musk
REED DIFFUSER

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Worth over £100!

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Four lucky winners can win Ashleigh & Burwood's iconic Fragrance Lamp, beautifully designed to remove unwanted odours, purify the air, and effortlessly fill any room with a captivating aroma. Alongside this, winners will also receive a luxurious selection of reed diffusers, candles, room sprays, and scented sachets from its latest Scented Home collection – the perfect way to create an inviting atmosphere in every corner of your home. For more info, visit ashleigh-burwood.co.uk. To enter, see right.

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See the world from HELEN'S HILARIOUS VIEWPOINT...

Our fabulous and funny columnist, comedian **Helen Lederer** is here to tell it like it is, in her own witty way...

GOING RETRO!

I was in the West End of Glasgow last week – having a high old time finding a series of nice cosy bars offering up variations of smashed avocado on shared small platters – when I came upon a lovely retro clothing shop.

Now, maybe it was the fun of being away on a book jolly or meeting up with an old friend – but I suddenly got transported back to a time when I couldn't walk past a retro clothes shop without going inside... what was I seeking?

Hard to say, but the pull of a plastic belt from the Sixties, or a sequinned clutch bag – or even a garish diamante necklace along with a random lace collar or patent leather purse belt – still offers up a level of excitement that I can't quite explain.

And as long as I'm careful to avoid the array of Hawaiian male shirts on display, the excitement of finding a dress made out of a shiny silver fabric – or, as was the case last week, a combo of finding the perfect silver evening dress as well as a paisley chiffon day dress – was enough to rob me of my senses and turn me into a retro shopping diva.

No matter that both items of allure didn't fit, were too sticky-outy, or just plain wrong for me... I had to have them.

In my mind, I was channelling Trinny Woodall on a red carpet, wearing a silver evening gown with perhaps one of those puffy evening capes to set it off.

But in reality, I found myself lusting after a silver dress that didn't fit (not even a bit) and a chiffon dress that was too long and too patterned... but did this stop me from considering buying? No...

Hmm, I thought, perhaps if I put panels in the silver one, and shoulder pads in the other one as well as tucks on the bodice, remove the belt while chopping off most of the material to make it knee-length – they might work?

Before I could see sense, both of these dresses were in my suitcase, and I was on my way back to London full of plans about looking like Trinny. But after some deliberation – and a harsh reality check – I'm currently seeking a local seamstress who specialises in transforming 1950s evening wear into cushions...

'Did this stop me from considering buying? No...'

Helen shows off one of her purchases

Can you help Helen with her sewing requests?

Helen in 'retro shopping diva' mode

PICTURES: GETTY IMAGES, NICKY JOHNSTON

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EST 1984
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Season's Greetings

4 to give away

Win! A £100 THEATRE TOKEN!

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TV guide
Stay in, save £££s

From behind the scenes of Hollywood, to the festive season's must-see telly, we've got your ultimate two-week TV guide sorted!

PICTURE: *GETTY IMAGES*

Turn over for more

Kim's divorce drama...

Love it or hate it, we can't stop watching Kim's new show!

She's a single mum-of-four, (following her divorce from rapper Kanye West in 2022), reality TV queen, a criminal justice reform lawyer – and now, an actress. Kim Kardashian – who recently blamed her small brain aneurysm on the stress of her divorce – stars in new drama *All's Fair*, about a team of female divorce lawyers who leave a male-dominated firm to start their own practice. The show follows them as they take on high-stakes cases, navigate their own personal and professional relationships, and deal with scandals and shifting allegiances both inside and outside the courtroom. Kim's co-stars include Glenn Close, Sarah Paulson, Niecy Nash-Betts, Naomi Watts and Teyana Taylor, and the show's executive producers include Ryan Murphy and Kim's mum, Kris Jenner. Here, the 45-year-old tells us all about it.

The cast involved with this show is incredible. What was it like to be a part of that?
What can I say? I mean, Glenn Close, Niecy Nash, Naomi Watts, Sarah Paulson, Teyana Taylor... it doesn't get any better! We had so much fun working on this together. It's such a different mix of people but we all got along so well. I love it.

Were you at all intimidated to work with such experienced and celebrated actors?
Of course. It was a lot to step into but I really just concentrated on making sure I was prepared, I knew my lines and that I was prepared emotionally to give whatever I needed to give on that day. But everyone was so kind and supportive of each other. And then to be there on set with such talented women, the best in their field, was just the best learning experience for me. I learned so much.

Everyone is excited about *All's Fair*. What can you tell us about your role in the show?
I play a character called Allura Grant who I just love. She is a totally badass, super powerful divorce attorney. She's very smart, very stylish and I just love her. I can't wait for everyone to get to know her.

Is it true that you based your performance as Allura Grant on your real-life divorce lawyer?
Yeah, Laura Wasser has been my divorce attorney. She is someone I really admire so I definitely took some inspiration from her. I love how strong and reassuring she is as a professional and that is something I really wanted to bring to the character.

Many will know that you

Kim as Allura Grant in *All's Fair*

With her co-star, Naomi Watts

'I never want to be limited to doing just one thing'

ALL'S FAIR
NEVER SETTLE.

have been studying hard to become a lawyer yourself. How much did that experience help with this role?
It really helped a lot. It's pretty meta to be studying law and playing a lawyer. My dream is to hopefully become a lawyer. I'm hoping it can happen but playing one on TV was a lot of fun for me. I found I could tap into a lot of what I have learned about that world for this. I knew a lot of the lingo, which really helped.

Fashion and style is clearly a huge part of *All's Fair*. What was that like for you?
Amazing. I loved it. I think we all did. Fashion plays a huge part in the show, but it's like nothing you have seen before. Everyone looks incredible but not in the traditional sense when it comes to fashion. For my character, I was so lucky to have my personal stylist, Soki Mak, be a part of the process. She worked with (showrunner) Ryan Murphy and myself to really create Allura. All the wardrobe is archival Jean Paul Gaultier pieces as well as pieces from my own personal wardrobe, which was really fun.

Do you have a favourite among the outfits you got to wear?
There is this one that I really love. It's a 1992 Jean Paul Gaultier shirt and tie with a vest, a little handkerchief and a long pinstriped skirt. But then I turn around, and it's a thong!

You're also an executive producer on the show. Is that a role you enjoy?
I really do. I love being involved with a project from the early stages. I never want to be limited to just doing one thing. I want to be involved, to collaborate and to learn. That is really important to me.

Do you think by doing projects like this, it helps to break down the misconceptions some people may have about you from all those years on *Keeping Up With the Kardashians*?
Maybe. I think something like this gives me the chance to show a different side of myself. I think maybe with *Keeping Up*, I sometimes came off as looking a little bit like the villain. I really am not. I don't regret any of it, but a lot of it is for entertainment. I am not really like that.

Will we see you in more acting roles soon?
Yeah, I'm excited to do more. I'm hoping to be doing a comedy with Eva Longoria. She's directing it. I'm really excited about it.

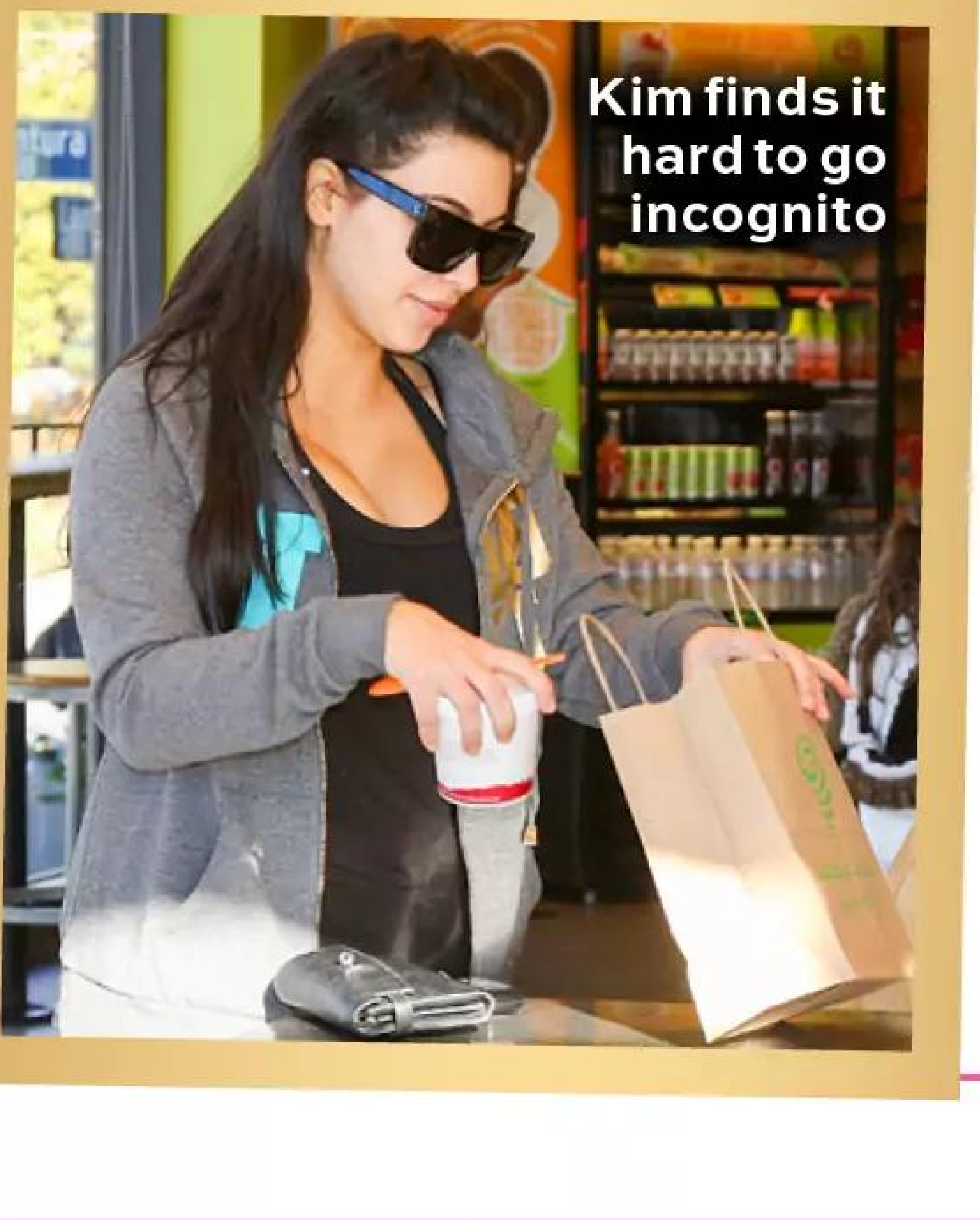
You always have so much going on in your life. Do you ever feel overwhelmed by it all?
There are always times when I am a little overwhelmed. I can get stressed and feel like I have a lot on my plate. But then something will pop up, a situation with someone who really needs my help, and I know that I can make a difference. That motivates me to continue.

How do you cope with the scrutiny that comes with the incredible level of success you have had over the years?
It comes along with the territory. There are so many blessings that come from it. I try to focus on the positive.

● **Kim Kardashian stars in *All's Fair*, which streams on Disney+ with new episodes premiering on Tuesdays**

The price of fame

What is the biggest downside of being one of the most famous women in the world?
Not being able to go to the grocery store without being recognised. That's the one thing I miss the most.



Kim finds it hard to go incognito

WORDS: BY SALLY JAMES PICTURES: *DISNEY+, GETTY IMAGES*

This week's must-see TV

1 Celebrity Masterchef

NEW SERIES, BBC ONE & IPLAYER

Roll out the red carpet and pop on that pinny – *Celebrity MasterChef* is back for its 20th series. New 2025 judge Grace Dent and John Torode welcome 15 nervous stars from across music, drama, comedy, sport and showbiz – all of whom want to prove they have the know-how to become 2025's *Celebrity MasterChef* champion. Five weeks of extraordinary culinary challenges await, designed to push the celebs way outside the comfort of their day jobs and test their cooking capabilities. But only one of them will be named champion and get to take the series' iconic trophy home.

2 Stranger Things, Season Five: Volume 1

26 NOVEMBER, NETFLIX

The long-awaited final season of *Stranger Things* will be split into three parts, the first starting on Thanksgiving as Eleven and the gang prepare for their climactic showdown with Vecna, who unleashes the monsters of the Upside Down on Hawkins, Indiana.

COMING UP

MAN VS BABY

Rowan Atkinson returns as Trevor Bingley – who, after his run-in with a bee in *Man vs Bee*, takes a quieter job as a school caretaker. However, when no-one collects Baby Jesus after the nativity play, Trevor finds himself with an unexpected guest… **Heading to Netflix on 11 December.**

CATCH UP

A VERY JONAS CHRISTMAS MOVIE

Time for a sing song! After the Jonas Brothers end their tour with a massive show in London, all they want is to get back home in time for Christmas. As Kevin, Joe, and Nick encounter missed connections and escalating obstacles, their brotherly bond is tested. **Now streaming on Disney+.**

3 Bride Hard

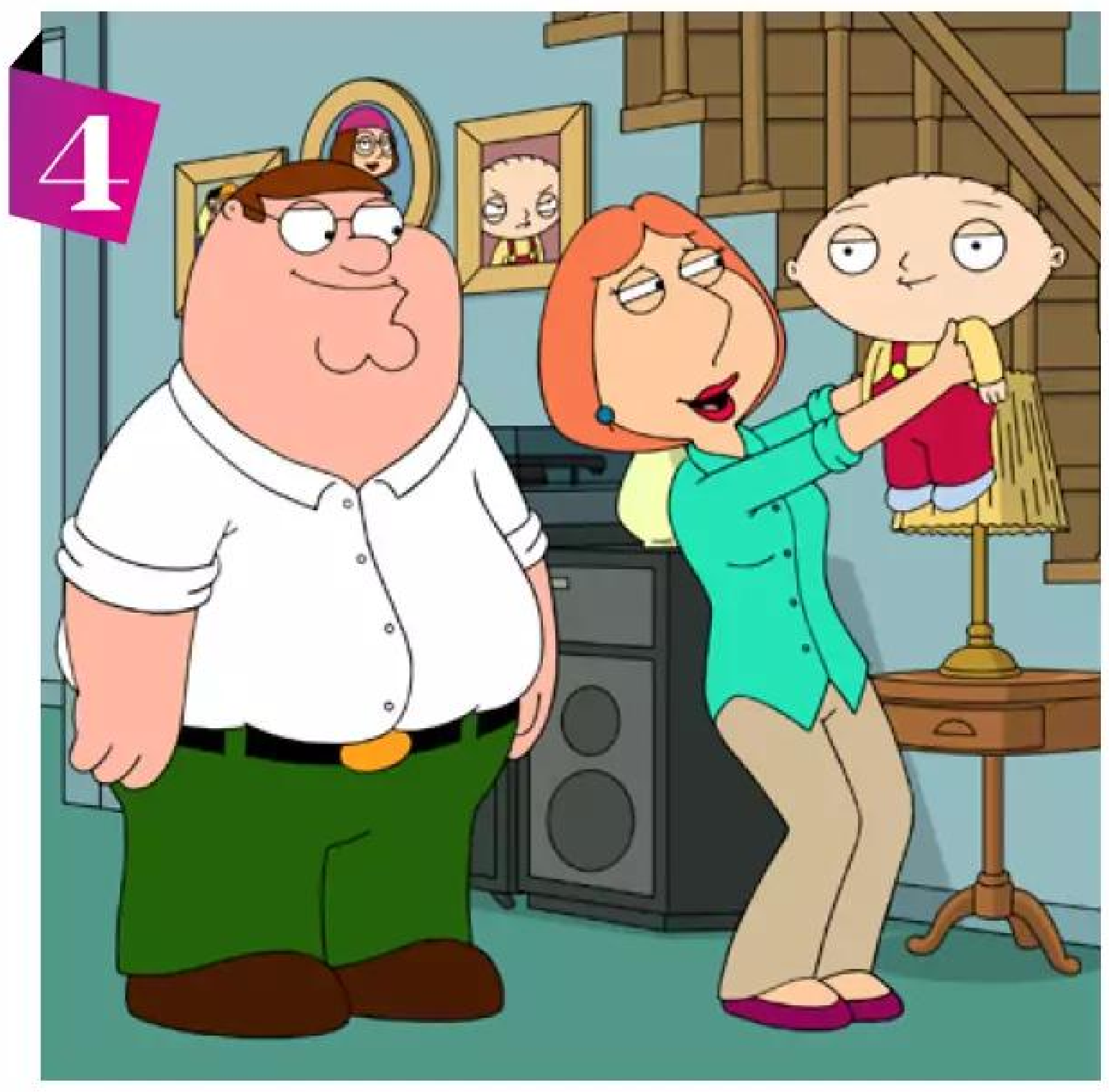
29 NOVEMBER, AMAZON PRIME VIDEO

Rebel Wilson is back with her witty one-liners! When a group of mercenaries takes the guests at a lavish wedding hostage, they've no idea what they're in for – bridesmaid Sam (Wilson) is actually a secret agent ready to take on anyone who would ruin her best friend's wedding.

4 Family Guy's Hallmark Channel's Lifetime's Familiar Holiday Movie

28 NOVEMBER, DISNEY+

Ready for a giggle? This special follows Peter as he tries to recover a Christmas brooch he gave away in a gift exchange, while baby Stewie changes his behavior after learning he's on Santa's naughty list.



5 The Great B&B Challenge

24 NOVEMBER, CHANNEL 4, 5PM

New series where contestants battle to win the prize of a lifetime – a 5 bedroom B&B in the heart of rural France... the dream, right? Three couples take the keys to rental properties they will run as B&Bs for the week. They each have just a few hours to furnish and dress the rooms ahead of their first guests' arrival – then, four expert judges decide who's sent home at the end of the week.

THEY SAID WHAT?!

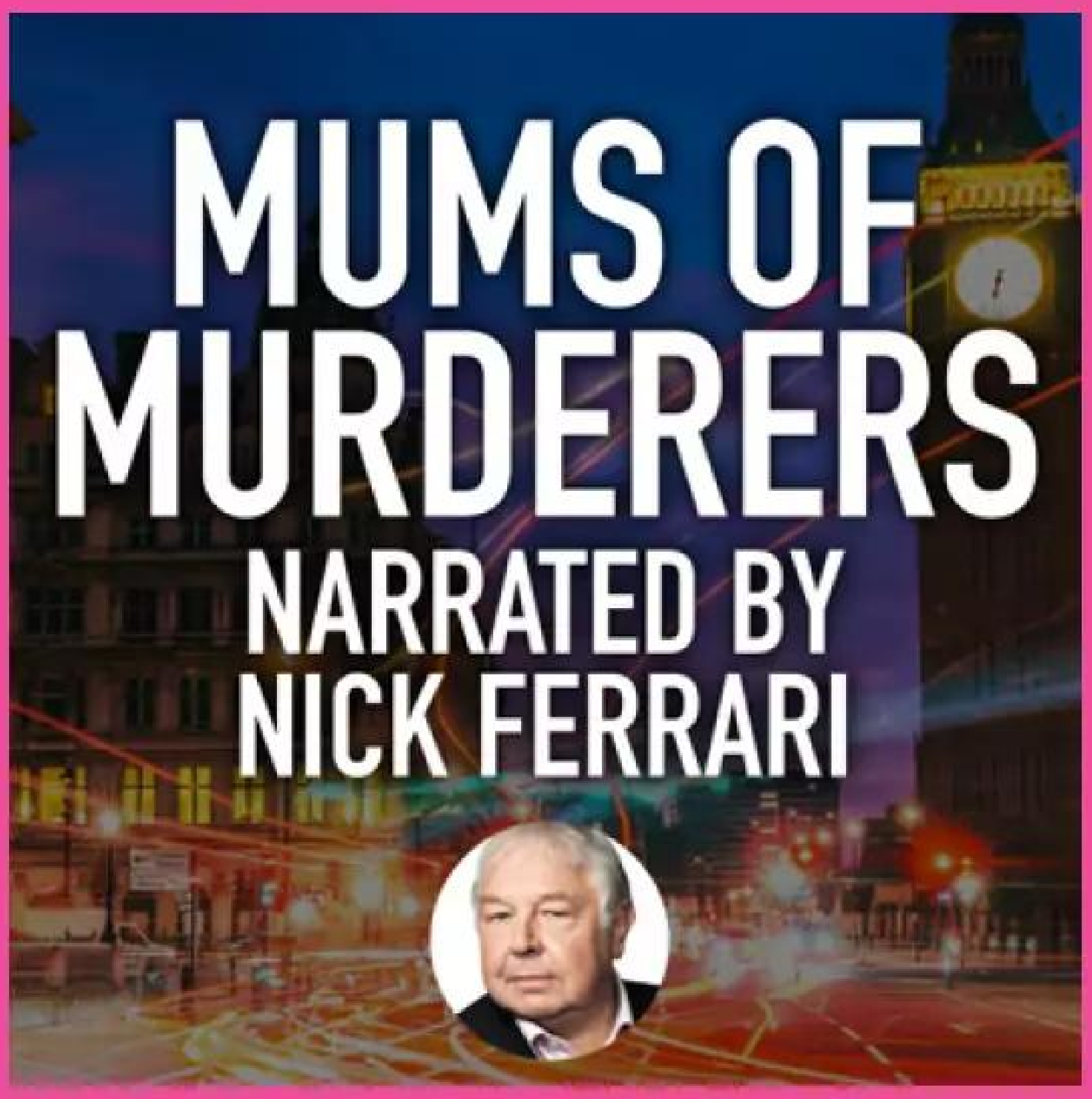
Speaking in Red magazine about her fabulously festive role as Anna in Frozen, Nobody Wants This star Kristen Bell revealed: 'Before Anna, [Disney Princesses] always had beautiful posture... But I wanted to make it okay for girls to know someone can be clumsy and goofy and not super embarrassed by it. I wanted an honest representation of who I was growing up.'

PODCASTS WE RECOMMEND...

best
SUDDENLY
SINGLE
podcast
A WEEKLY DATE WITH OUR CELEB best MATES ON DATING
best ED-IN-CHIEF
SIOBHAN WYKES

***SUDDENLY SINGLE*, APPLE PODCASTS/SPOTIFY/YOUTUBE**

***best*'s Ed-in-Chief Siobhan Wykes talks to her celebrity mates about how it feels to be *Suddenly Single* – yet again...**



***MUMS OF MURDERERS*, YOUTUBE**

Based on more than 18 months of extensive research, our new heart-wrenching series opens with a detailed interview with Elizabeth de Zoysa, whose son Louis is serving a 'whole life' sentence for the murder of Metropolitan Police Sgt Matt Ratana.

BEAUTY BOX, BEST'S INSTAGRAM AND FACEBOOK

We recently launched our new social media videos for all those interested in looking beautiful and holding back the ageing process... on a budget! We know, the dream! Follow *best*'s Dani and Harley Street's Sophie as they attempt to make their own beauty products from their kitchen cupboards!

Watch ONE thing!

Trespasses

BEHIND THE SCENES WITH *best*

'Her wardrobe is fabulous!'

Since *The X-Files* made her a household name, Gillian Anderson has proven her versatility in TV series like *Sex Education* and stage productions like *A Streetcar Named Desire*, earning her an Olivier nomination for her performance as Blanche DuBois. In new TV show *Trespasses*, she plays alcoholic mother Gina in a love story set during the Troubles in Northern Ireland…

The show's been described as 'delicate and beautiful'. Do you agree? And how did you get involved in it?
Well, I don't know how delicate Gina herself is! But yes, it's shot very delicately and it's got a beautiful tone to it. And how did I get involved? At a dinner with Louise [Kennedy, who wrote the original novel], she asked me if I'd play Gina if the series ever came to fruition, and I told her, 'F*** yeah!'

How was it filming in Northern Ireland?
Usually when I'm working I go from the set to the hotel, to the set and back to the hotel, so I couldn't tell you anything about Belfast itself. But the crew was fantastic and it's the third or fourth time I've shot in Northern Ireland, including *The Fall*. I love filming in Northern Ireland, I love the people and feel very comfortable and at home there.

You've played an alcoholic before, on stage in *A Streetcar Named Desire*, but how did you prepare to play one on screen?
I wish I could say I drank a lot, but I don't drink. Also I feel like everything that Gina is in the book she is on the pages of the screenplay. It was more about working on the slurry Northern Irish accent. And the hair, the make-up and the costumes helped a lot with the character. Gina's wardrobe is so fabulous. She's got some house coats

that are floral in multicolours, and lots of tunics vests and shirts with lots of Seventies patterns. She's quite stylish, I have to say.

You disappear so far into the character that a lot of viewers might not know it's you. Do you find it easy or hard to shake off characters?

That is part of the joy, definitely. And most of the time I leave them at the door at the end of the day. I think there's only one character that stayed with me while I was working, and that was Blanche, but normally I'm really good at compartmentalising.

● *Trespasses* is streaming now on Channel 4.

CHRISTMAS FILMS FOR YOU

IT'S A WONDERFUL LIFE

Amazon Prime Video

When George Bailey, a frustrated businessman, questions his life and its worth, an angel named Clarence is sent to him from heaven – and shows George what life would have been like without his existence. A heart-warming classic from the 1940s.

THE NUTCRACKER AND THE FOUR REALMS

Disney+

On Christmas Eve, Clara learns that her late mother left her with an inheritance leading to a magical world of fairies and toy soldiers that come to life... Cue the Tchaikovsky music and prepare to be swept away!

ELF

NOW

Isn't this everyone's festive favourite?! Buddy (Will Ferrell) is raised amongst elves at the North Pole. When he discovers that he isn't an elf, he travels to New York to search for his biological father.

GOING OUT: WINTER FUN!

WESTLIFE AT THE CINEMA

One for the boyband fans! Westlife performed at the Royal Albert Hall for the very first time last month to kick off their 25th anniversary celebrations. From Saturday, 29 November, the show will be screened in cinemas across the UK and Ireland, giving people a chance to relive the performance from the comfort of their local cinema. **Tickets and cinema finder: westlifeincinemas.com**

THE SNOW QUEEN (VARIOUS VENUES IN SCOTLAND, 27 NOVEMBER – 31 JANUARY 2026)

Embark on an icy adventure with the Hans Christian Andersen classic – which also inspired the first *Frozen* movie – with the Scottish Ballet. The glittering production is heading to Glasgow, Edinburgh, Aberdeen and Inverness. **More info and tickets: scottishballet.co.uk**

NICE
NAUGHTY

ZIPMAS (ZIP WORLD LLECHWEDD, NORTH WALES, 21 NOVEMBER - 24 DECEMBER)

Santa's magical underground awaits for you in Zipmas this Christmas! Navigate an immersive light maze, head to Santa's workshop or even try your hand at some festive crafting. **More info and tickets: zipworld.co.uk**

WORDS: DANIELLE SOUTHWOOD & SIMON BUTTON PICTURES: BBC, CHANNEL 4, DISNEY+, GETTY IMAGES, NETFLIX, PARAMOUNT PICTURES, SIGNATURE ENTERTAINMENT, WARNER BROS.

The *best* soap u

Brought to you by InsideSoap

CORONATION STREET

When Abi grills Carl on whether he's happy with their life together, her partner asserts that he's all in on their relationship. After dropping Alfie off at nursery, Abi returns to find the flat aglow with candles and Carl hoping for a romantic time. But while Abi's in the bathroom, Carl cancels an important call on her mobile.

Later on at the pub, Abi opens up to Carl about her upset after Jack snubbed her. When Tracy brands Abi a bad mum, Abi loses her rag and whacks her nemesis in the face – just as Abi's scorned ex-husband Kevin walks in and witnesses the whole attack. Will he use this to his advantage in the divorce?

Also, Carla's romantic day with Lisa is ruined when Carla is dragged into the police station following an anonymous complaint alleging fraudulent activity in her factory. Convinced that Becky's behind it all, will Carla get revenge on her?

Carla is taken away by the police

Furious Abi confronts Tracy

EMMERDALE

Aaron convinces Robert to come along to the Dale View housewarming party, promising to keep their recently rekindled romance a secret. However, when they arrive, they find drunken Kev badly singing karaoke. Realising that he's embarrassed himself, rejected Kev leaves the celebration – but when Robert checks in on his husband, he spontaneously promises to be there for terminally ill Kev when the end comes. Not satisfied, Kev holes up in Woodbine Cottage and grimly holds a handgun close. Who is he planning to shoot?

And, Lewis continues to struggle with his anxiety at work when he becomes overwhelmed by the impatient queue of café customers, forcing him to abandon his shift and rush home before he suffers a panic attack. When concerned colleague Nicola pops round to check on him, will he open up about his mental health?

Can Aaron and Robert keep their romance a secret from Kev?

Nicola is concerned about Lewis

WORDS: *SARAH ELLIS* PICTURES: *BBC, ITV*

pdate

EASTENDERS

After pushing Damon, Vicki panics as he lies motionless on the floor – but is saved when Zack arrives to protect her. Back at home, Vicki opens up to Zack about how much Joel's misogynistic attack has affected her. Feeling closer to each other, Zack and Vicki share a kiss – just as shocked Kathy walks in. They both justify it as a moment of madness, but will Kathy tell Sharon?

Meanwhile, Ross visits Joel in prison to ask him to plead guilty and later makes a big gesture to tell his unimpressed ex-partner Vicki that he isn't giving up on them. But has Vicki's head already been turned by Zack?

Elsewhere, Oscar attempts to woo mysterious Jasmine – but when she steals Anthony's keys to the doctor's surgery and asks him to break in with her, he feels unsure. Once inside, Jasmine logs on to Anthony's computer in search of information – what is she looking for?

Oscar tries to charm Jasmine

Vicki is still struggling after Joel's attack

'It would break Celia to lose control of Ray!'

Emmerdale star Jaye Griffiths on what she loves about playing the villain...

Ever since Celia was revealed as the head of *Emmerdale*'s drug operation, it feels like she's gotten more wicked each week – and this week is no different, as she threatens teenager April's life. Star Jaye Griffiths reveals more about her evil character...

Hi Jaye. Is Celia the most evil character you've played?
By a long shot! I usually get upstanding, morally robust characters – doctors, police officers, lawyers. I love playing her, she's never afraid and doesn't care about anyone, apart from her son.

How does Celia feel about Ray getting close to Laurel?
Celia starts to realise Ray is quite serious about Laurel, it makes it too real. Now there's the possibility she might lose control of her son and that would break her. They rely on each other. But she covers up how heartbroken that makes her feel...

Do you enjoy the scenes between Celia and Moira?
Yes, and in another universe they could've been proper friends. Through the course of her life Celia has missed out on friendships. She forms them, then they have to be broken.

What else do you like about playing Celia?
Her scarves, her hat and the big stick she swans about with! It's glorious. I don't think Celia has ever been in a field in her life, but to make herself look like a farmer she probably went through a catalogue and bought the lot. Her costumes are perfect.

Louisa Riley

Celia terrifies April with a cruel threat

TUESDAY 18 November

BBC1

9PM
Ambulance

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Scam Interceptors**
2.30 **Make It at Market** (R)
3.00 **Escape to the Country** North Yorkshire.
3.45 **Garden Rescue** (R)
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Celebrity MasterChef** The famous contestants are mentored by chef Karan Gokani.
9.00 **Ambulance** Paramedics work to save the life of a grandfather in cardiac arrest.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **In My Own Words: Yinka Shonibare**
11.20 **Tell Me Lies** Evan has second thoughts about Bree.
12.10AM **Tell Me Lies**
1.05 **Weather for the Week Ahead**
1.10 **BBC News**

BBC2

7PM **Sundar Pichai: Running the Google...**

6.30AM **Escape to the Country** (R)
7.15 **Bargain Hunt** (R)
8.00 **The Repair Shop** (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Impossible** (R)
1.45 **Unbeatable** (R)
2.30 **Unbeatable** (R)
3.15 **Great British Menu** Chefs from central and the east of England cook mains and desserts. (R)
4.15 **Wild Scandinavia** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games** With Andrew Cotter, Anna Haugh, Stevie Martin and Mark Ramprakash.
6.30 **Strictly: It Takes Two** Fleur East presents.
7.00 **Sundar Pichai: Running the Google Empire** Hearing from the current CEO of Google Sundar Pichai.
7.30 **Live International Football** Scotland v Denmark (Kick-off 7.45pm).
10.00 **QI** With Alice Levine, Jason Manford, Rose Matafeo and Alan Davies. (R)
10.30 **Newsnight; Weather**
11.00 **Highland Cops** (R)
12.00AM **FILM The Piano** (1993)
1.55 **DIY SOS Children in Need Special** (R)
2.55 **Global Eye** (R)

ITV1

8PM **The Martin Lewis Money Show: Live**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal**
5.00 **The Chase**
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** April is shaken when Celia warns her she has used up her last chance.
8.00 **The Martin Lewis Money Show: Live** Martin presents his annual festive special from Manchester.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present from the Australian jungle.
10.15 **ITV News; Weather**
10.45 **ITV Regional News; Weather**
11.05 **FILM Fast X** (2023) Action adventure, with Vin Diesel.
1.20AM **Shop on TV**
3.00 **Romesh Ranganathan's Parents' Evening** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

9PM
Summerwater

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** In Norfolk. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** On the Costa del Sol. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **Jasmine Harman's Renovation in the Sun**
6.00 **A Place in the Sun**
7.00 **Channel 4 News**
7.55 **The Political Slot**
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** (R)
9.00 **Summerwater**
10.00 **Celebrity Gogglebox** (R)
11.00 **Gogglebox** (R)
12.05AM **Jimmy Carr's I Literally Just Told You** (R)
1.00 **The Last Leg** (R)
1.55 **Miriam and Alan: Lost in Scotland and Beyond** (R)
2.50 **Ramsay's Kitchen Nightmares USA** (R)
3.40 **Unreported World** Documentary. (R)
4.05 **Couples Come Dine with Me** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

8PM
Cooper & Fry

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 **FILM A Jar Full of Christmas** (2024) *PREMIERE.*
3.20 **FILM Christmas in New Orleans** (2022) *PREMIERE.*
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Dogs Behaving (Very) Badly: Australia**
7.55 **5 News Update**
8.00 **Cooper & Fry** *NEW SERIES.* Crime drama, starring Robert James-Collier and Mandip Gill.
10.05 **A&E After Dark** Norwich staff care for a woman with a severe glass cut on her hand. (R)
11.05 **Surgeons: A Matter of Life or Death** (R)
12.05AM **Casualty 24/7: Every Second Counts** (R)
1.00 **Live Casino Show**
3.00 **Our Family Farm Rescue with Adam Henson** (R)
3.50 **Big Antique Adventure with Susan Calman** (R)
4.35 **Nick Knowles' Big House Clearout** (R)
5.25 **Entertainment News on 5**
5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.25 **The Catch Up** 7.30 **Live Match of the Day** Wales v North Macedonia (Kick-off 7.45pm). 10.00 FILM **Everest** (2015) Fact-based adventure, starring Jason Clarke. 11.50 **Men of the Manosphere** 12.50AM **Top Gear** 1.50 **Top Gear** 2.50 **Laugh Lessons** 2.55 **BBC New Comedy Awards 2025** 3.25 **BBC New Comedy Awards 2025**

ITV2

1.30PM **I'm a Celebrity... Unpacked** 2.35 **The Real Housewives of Jersey** 3.35 **The Real Housewives of Dubai** 4.30 **The Real Housewives of Atlanta** 5.30 **I'm a Celebrity Get Me Out of Here!** 7.00 FILM **Harry Potter and the Chamber of Secrets** (2002) 10.15 **I'm a Celebrity... Unpacked** 11.20 **Family Guy** 12.10AM **American Dad!** 1.05 **Plebs**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **First Dates** 11.05 **Naked Attraction's Best Naughty Bits** 12.10AM **The Big Bang Theory** 1.05 **Gogglebox** 2.05 **Ramsay's Kitchen Nightmares USA**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **David Attenborough's Wild City** 9.00 **Never Mind the Buzzcocks** 9.45 **Karl Pilkington: The Moaning of Life** 10.45 **Romesh: Can't Knock the Hustle** 12.15AM **The Force: North East** 1.10 **Brit Cops: Frontline Crime UK**

Sky Witness

2.00PM **Stop, Search, Seize** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Matlock** 10.00 **FBI: Most Wanted** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **Doc** 3.00 **Fire Country** 4.00 **Border Security: America's Front Line** 5.00 **Send in the Dogs**

19 November WEDNESDAY

BBC1

8PM **Sara Cox: Every Step of the Way...**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt: Football Fakes** (R)
1.00 **BBC News at One; Weather** including at 1.35 **Regional News**
2.00 **Scam Interceptors**
2.30 **Make It at Market** (R)
3.00 **Escape to the Country** (R)
3.45 **Garden Rescue**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Sara Cox: Every Step of the Way for Children in Need** The Radio 2 DJ takes on a five-day charity trek.
9.00 **Shetland** Calder and Tosh are stunned when things take a violent turn in Lunniswick.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **BBC New Comedy Awards 2025: Final**
11.30 **Men of the Manosphere** (R)
12.30AM **Alan Carr's Picture Slam** (R)
1.15 **Weather**
1.20 **BBC News**

BBC2

9PM **Turner: The Secret Sketchbooks**

6.30AM **Escape to the Country** (R)
7.15 **Antiques Road Trip** A Chinese glass bottle. (R)
8.00 **Celebrity Antiques Road Trip** (R)
9.00 **BBC News**
11.15 **Politics Live**
1.00PM **Impossible** (R)
1.45 **Unbeatable** (R)
2.30 **Unbeatable** (R)
3.15 **Great British Menu** With Denise Lewis. (R)
4.15 **Wild Scandinavia** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Behind-the-scenes.
7.00 **The Crash Detectives**
7.30 **Mary at 90: A Lifetime of Cooking**
8.00 **Highland Cops**
9.00 **Turner: The Secret Sketchbooks**
10.00 **Cunk on Earth** (R)
10.30 **Newsnight; Weather**
11.00 **Empire with David Olusoga** (R)
12.00AM **Mortimer & Whitehouse: Gone Fishing** (R)
12.30 **Daisy May and Charlie Cooper's NightWatch** (R)
1.00 **Celebrity Race Across the World** (R)
2.05 **Empire with David Olusoga** (R)
3.05 **The Crash Detectives** (R)

ITV1

4PM
Deal or No Deal

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Men** With Vernon Kay, Joe Swash, Rob Rinder and Jordan Banjo.
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal**
5.00 **The Chase** Bradley Walsh presents.
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Liam and Chas both have secrets to keep.
8.00 **Coronation Street** Theo forces Todd to entertain Pete at the flat.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights from the past 24 hours in the jungle camp.
10.15 **ITV News; Weather**
10.50 **ITV Regional News; Weather**
11.05 **Peston** Political magazine show, hosted by Robert Peston.
12.00AM **Shop on TV**
3.00 **The Real Hack** (R)
4.00 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

6PM
A Place in the Sun

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** In north Wales. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** In Sitges, Catalunya. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **Jasmine Harman's Renovation in the Sun**
6.00 **A Place in the Sun**
7.00 **Channel 4 News**
7.55 **The Political Slot**
8.00 **Grand Designs: House of the Year** *NEW SERIES.* Kevin McCloud hosts the search for the RIBA House of the Year.
9.00 **24 Hours in A&E** (R)
10.00 **Emergency Helicopter Medics** (R)
11.05 **Britain's Most Expensive Houses** (R)
12.05AM **Outrageous Homes** (R)
1.00 **Ramsay's Kitchen Nightmares USA** (R)
1.50 **Summerwater** (R)
2.45 **Summerwater** (R)
3.40 **Devon and Cornwall** Documentary. (R)
4.10 **Car S.O.S** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

8PM
Traffic Cops

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News at Lunchtime**
1.00 **Home and Away** (R)
1.30 FILM **My Christmas Wish** (2020) Romantic drama.
3.15 FILM **A Christmas Miracle** (2024) *PREMIERE.*
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** A look at the Palace of St James. Last in the series. (R)
6.55 **5 News Update**
7.00 **The Motorway** (R)
7.55 **5 News Update**
8.00 **Traffic Cops**
9.00 **Murder Suspect No 1** A man attacked by twin brothers in his home in Hull. (R)
10.30 **Peeping Tom: The Landlord & His Secret Cameras** (R)
12.05AM **999: Killer on the Line** (R)
1.00 **Live Casino Show**
3.00 **Our Family Farm Rescue with Adam Henson** (R)
3.50 **Friends** (R)
4.35 **Nick Knowles' Big House Clearout** (R)
5.25 **Entertainment News on 5**
5.35 **Ben and Holly's Little Kingdom** (R)
5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.00 **The Catch Up** 7.30 FILM **The Mask** (1994) Comedy. 9.05 **BBC New Comedy Awards 2025** 9.35 FILM **Bridget Jones: The Edge of Reason** (2004) 11.15 FILM **Bridget Jones's Baby** (2016) 1.10AM **BBC New Comedy Awards 2025** 1.40 **Eddie Hall: The Beast v the Mountain** 2.40 **Zoners** 2.55 **Men of the Manosphere**

ITV2

2.15PM **In for a Penny** 3.00 **The Real Housewives of Jersey** 4.00 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 6.00 **I'm a Celebrity Get Me Out of Here!** 7.15 FILM **Harry Potter and the Prisoner of Azkaban** (2004) 10.00 **The Stand Up Sketch Show** 10.15 **I'm a Celebrity... Unpacked** 11.20 **Family Guy** 12.15AM **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **First Dates** 11.05 **Naked Attraction's Best Naughty Bits** 12.05AM **The Big Bang Theory** 1.05 **Gogglebox** 2.05 **Ramsay's Kitchen Nightmares USA**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Portrait Artist of the Year 2025** 9.00 **A League of Their Own** 10.00 **Josh Widdicombe: Bit Much..** 11.15 FILM **Blacklight** (2022) 1.15AM **Brit Cops: Frontline Crime UK** 2.10 **Road Wars** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles**

Sky Witness

2.00PM **Stop, Search, Seize** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Doc** 10.00 **Fire Country** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **FBI** 3.00 **FBI: International** 4.00 **Brit Cops: Frontline Crime UK** 5.00 **Send in the Dogs**

THURSDAY 20 November

BBC1

8PM **Celebrity Race Across the World**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at 1.35 **Regional News**
2.00 **Scam Interceptors** Scammers posing as police. (R)
2.30 **Make It at Market** (R)
3.00 **Escape to the Country** (R)
3.45 **Garden Rescue** (R)
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Celebrity Race Across the World** The teams race across El Salvador.
9.00 **Celebrity MasterChef** The contestants cook for MasterChef veterans Lisa Faulkner, Angellica Bell and Danny Jones.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Question Time**
11.40 **Newscast**
12.10AM **Michael McIntyre's The Wheel** (R)
1.10 **Weather**
1.15 **BBC News**

BBC2

6.30PM **Strictly: It Takes Two**

6.30AM **Garden Rescue** In Liverpool. (R)
7.15 **Antiques Road Trip** In East Yorkshire. (R)
8.00 **Gardeners' World** Ornamental grasses. (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Impossible** (R)
1.45 **Unbeatable** (R)
3.15 **Great British Menu** Andi Oliver presents. (R)
4.15 **Liz Bonnin's Wild Caribbean** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** With Vicky Gill.
7.00 **Grand Tours of Scotland's Rivers** (R)
7.30 **Live UEFA Women's Champions League** Chelsea v Barcelona (Kick-off 8.00pm).
10.00 **Live at the Apollo** With Janine Harouni and Stuart Goldsmith. Last in the series. (R)
10.30 **Newsnight; Weather**
11.00 **Once Upon a Time in Space** Astronauts aboard the ISS face the emotional realities of isolation. Last in the series. (R)
12.05AM **Kingdom** (R)
12.55 **Girlbands Forever** Last in the series. (R)
1.55 **In My Own Words: Cornelia Parker** (R)
2.40 **Wild Cherry** (R)

ITV1

11.05PM
Star Wars: Episode IX...

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal**
5.00 **The Chase**
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Shoplifting: Who's Paying the Price? – Tonight** Paul Brand speaks to those affected by shoplifting.
8.00 **Emmerdale** Bear anxiously tends to Anya.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights from the past 24 hours in the jungle camp.
10.15 **ITV News; Weather**
10.50 **ITV Regional News; Weather**
11.05 FILM **Star Wars: Episode IX – The Rise of Skywalker** (2019) Sci-fi adventure, starring Daisy Ridley.
1.20AM **Shop on TV**
3.00 **The Motorbike Show** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

9PM **Cancer Detectives: Finding the Cures**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** In Buckinghamshire. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** In Murcia, Spain. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **Jasmine Harman's Renovation in the Sun**
6.00 **A Place in the Sun**
7.00 **Channel 4 News**
7.55 **Rory Peck Awards**
8.00 **George Clarke's Remarkable Renovations** (R)
9.00 **Cancer Detectives: Finding the Cures** *NEW SERIES.*
10.00 **Gogglebox Festive Special** (R)
11.30 **8 Out of 10 Cats Does Countdown** (R)
12.30AM **Ramsay's Kitchen Nightmares USA** Part two of two. (R)
1.20 **Summerwater** (R)
2.10 FILM **Bad Times at the El Royale** (2018) Mystery thriller.
4.30 **Devon and Cornwall** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

9PM **Play for Today: Big Winners**

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News at Lunchtime**
1.00 **Home and Away** (R)
1.35 FILM **Christmas Lessons in Love** (2022) *PREMIERE.*
3.15 FILM **Planes, Trains and Christmas Trees** (2022)
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **The Taste Test Restaurant**
7.55 **5 News Update**
8.00 **Inside the Tower of London** Cameras focus on a new exhibit.
9.00 **Play for Today: Big Winners** Drama, starring Sue Johnston.
10.00 **Fred and Rose West: A British Horror Story** Documentary profiling the victims of Fred and Rose West. (R)
12.00AM **Britain's Hotel Murders** (R)
1.00 **Live Casino Show**
3.00 **2021: The Queen's Terrible Year** (R)
4.15 **Friends** (R)
4.35 **Nick Knowles' Big House Clearout** (R)
5.25 **Entertainment News on 5**
5.35 **Ben and Holly's Little Kingdom** (R)
5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.00 **The Catch Up** 7.30 **The Hit List Strictly Special** 8.15 **Alan Carr's Picture Slam** 9.00 **RuPaul's Drag Race UK** 10.00 **Men of the Manosphere** 11.00 **The Eubanks: Like Father, Like Son** 12.00AM **Top Gear** 1.00 **Top Gear** 2.00 **BBC New Comedy Awards 2025** 2.30 **BBC New Comedy Awards 2025** 3.00 **RuPaul's Drag Race UK**

ITV2

2.25PM **In for a Penny: Christmas Crackers** 3.05 **The Real Housewives of Jersey** 4.05 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 5.55 **I'm a Celebrity Get Me Out of Here!** 7.10 FILM **Harry Potter and the Goblet of Fire** (2005) 10.15 **I'm a Celebrity... Unpacked** 11.20 **Family Guy** 11.45 **American Dad!** 12.40AM **Extraordinary**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **First Dates** 11.05 **Naked Attraction** 12.10AM **The Big Bang Theory** 12.40 **The Big Bang Theory** 1.10 **Gogglebox** 2.10 **Ramsay's Kitchen Nightmares USA** 3.00 **The Simpsons** 3.25 **Young Sheldon**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Wicked: One Wonderful Night** 9.45 **A League of Their Own** 10.45 **Never Mind the Buzzcocks** 11.30 **Curb Your Enthusiasm** 12.05AM **Curb Your Enthusiasm** 12.40 **The Force: North East** 1.35 **Road Wars** 3.00 **S.W.A.T**

Sky Witness

2.00PM **Stop, Search, Seize** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **FBI** 10.00 **FBI: International** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Chicago Med** 2.00 **Chicago Fire** 3.00 **Chicago PD** 4.00 **Brit Cops: Frontline Crime UK** 5.00 **Send in the Dogs**

21 November FRIDAY

BBC1

9.35PM **Daddy Issues**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Holidays**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **Hope Street**
2.45 **Escape to the Country** (R)
3.45 **Garden Rescue**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **Policing Paradise** The K9 unit search for drugs at the airport. (R)
8.00 **Return to Paradise**
9.00 **Have I Got News for You** Gabby Logan hosts.
9.35 **Daddy Issues** *NEW SERIES.* Sitcom starring Aimee Lou Wood.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **The Graham Norton Show**
11.30 **RuPaul's Drag Race UK** (R)
12.30AM FILM **PS I Love You** (2007)
2.30 **Weather for the Week Ahead**
2.35 **BBC News**

BBC2

8PM **Gardeners' World**

6.30AM **Antiques Road Trip** Double bill. (R)
8.00 **The War Detectives – On the Front Line** (R)
8.30 **Best of Weatherman Walking** (R)
9.00 **BBC News**
12.20PM **Lifeline** (R)
12.30 **Political Thinking with Nick Robinson**
1.00 **Impossible** (R)
1.45 **Unbeatable** (R)
3.15 **Great British Menu** Andi Oliver presents. (R)
4.15 **Liz Bonnin's Wild Caribbean** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Behind-the-scenes.
7.00 **Villages by the Sea** Greyabbey. (R)
7.30 **Mortimer & Whitehouse: Gone Fishing** (R)
8.00 **Gardeners' World** Carol Klein visits a garden in Oxfordshire. Last in the series.
9.00 **Empire with David Olusoga** How the British Empire reached its maximum size after the First World War. Last in the series.
10.00 **Inside No 9** (R)
10.30 **Newsnight**
11.00 FILM **Deliverance** (1972)
12.45AM **Panorama** (R)
1.15 **Riot Women** (R)
2.20 **Wild Cherry** (R)

ITV1

2PM **Sara Davies' Christmas Craft Off**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Sara Davies' Christmas Craft Off** *NEW SERIES.* Three celebrities are taught how to turn a room into the perfect festive experience.
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal**
5.00 **The Chase**
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Anya's condition worsens.
8.00 **Coronation Street** Carla blames Becky for sabotaging her romantic plans.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights from the past 24 hours in the jungle camp.
10.30 **News; Weather**
11.00 **ITV Regional News**
11.20 **Champions: Full Gallop** Documentary.
12.10AM **Shop on TV**
3.00 **The Motorbike Show** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

7.30PM **Unreported World**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** A vintage sack barrow. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** In Fuengirola, Spain. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **Jasmine Harman's Renovation in the Sun**
6.00 **A Place in the Sun**
7.00 **Channel 4 News**
7.30 **Unreported World**
7.55 **Rory Peck Awards**
8.00 **Secrets of Supercheap Shopping** Shoppers test their ability to detect products past their best before date. Last in the series.
9.00 **Gogglebox**
10.00 **The Last Leg** With guests Jack Dee and Harriet Kemsley.
11.05 **Sarah Millican: Home Bird Live** (R)
12.10AM FILM **Bad Hair** (2020)
1.50 **Ramsay's Kitchen Nightmares USA** (R)
2.40 **Four in a Bed** (R)
5.00 **Find It, Fix It, Flog It** In South Wales.(R)
5.15 **Game of Wool: Britain's Best Knitter** (R)

5

8PM **Christmas Cruising with Susan Calman**

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 FILM **Christmas on Main Street** (2020) Festive romance.
3.15 FILM **The Ghost of Christmas Past** (2021) *PREMIERE.* Romantic comedy.
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Christmas at the Four Seasons: Park Lane** A look inside the luxury Park Lane hotel during the run-up to Christmas. (R)
7.55 **5 News Update**
8.00 **Christmas Cruising with Susan Calman** The comedian enjoys a festive cruise in Germany.
9.00 **Live Boxing: Eubank vs Wagner** Harlem Eubank v Josh Wagner.
11.00 **Piers Morgan: Uncensored**
1.00AM **PlayOJO Live Casino Show**
3.00 **Our Family Farm Rescue with Adam Henson** (R)
3.50 **Friends** (R)
4.35 **Nick Knowles' Big House Clearout** (R)
5.25 **Entertainment News on 5**
5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **The Catch Up** 7.05 **Wallace & Gromit: A Grand Day Out** 7.25 FILM **Nativity!** (2009) 9.05 **Here We Go** 9.35 **Daddy Issues** *NEW SERIES.* 10.00 **Celebrity Race Across the World** 11.00 **Men of the Manosphere** 12.00AM **BBC New Comedy Awards 2025** 3.00 **BBC New Comedy Awards 2025: Final** 3.50 **Laugh Lessons**

ITV2

2.15PM **Celebrity Catchphrase** 3.20 **The Real Housewives of Jersey** 4.20 **The Real Housewives of Dubai** 5.15 **The Real Housewives of Atlanta** 6.05 **I'm a Celebrity Get Me Out of Here!** 7.25 FILM **Harry Potter and the Order of the Phoenix** (2007) 10.05 **Family Guy** 10.30 **I'm a Celebrity... Unpacked** 11.35 **American Dad!** 12.05AM **Family Guy** 1.00 **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 FILM **Mission: Impossible – Ghost Protocol** (2011) 11.35 **The Big Bang Theory** 12.00AM **The Big Bang Theory** 12.30 **Naked Attraction** 1.35 **The Simpsons** 2.00 **Young Sheldon** 2.25 **Young Sheldon** 2.50 **Modern Family**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The F1 Show** 6.00 **The Office (US)** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **A League of Their Own** 9.00 **The Walking Dead: Daryl Dixon** 10.05 **Rob & Romesh vs Magic in Vegas** 11.05 **Sex and the City** 11.40 **Sex and the City** 12.15AM **The Force: North East** 1.10 **Brit Cops: Frontline Crime UK**

Sky Witness

2.00PM **Stop, Search, Seize** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Chicago Med** 9.00 **Chicago Fire** 10.00 **Chicago PD** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **The Good Doctor** 2.00 **The Good Doctor** 3.00 **Caught on Dashcam** 4.00 **Brit Cops: Rapid Response**

SATURDAY 22 November

BBC1

8.05PM **Michael McIntyre's The Wheel**

6.00AM **Breakfast**

10.00 **Saturday Kitchen Live** With Tom Allen.

11.30 **Mary at 90: A Lifetime of Cooking** (R)

12.00PM **Football Focus**

12.45 **BBC News; Weather**

1.00 **The Gruffalo** (R)

1.25 **The Gruffalo's Child** Animation. (R)

1.55 **Bargain Hunt** (R)

2.40 **Money for Nothing** Upcycling items. (R)

3.25 **Garden Rescue** (R)

3.55 **Escape to the Country** (R)

4.30 **Final Score**

5.30 **BBC News**

5.40 **BBC Regional News; Weather**

5.50 **Alan Carr's Picture Slam** Game show.

6.35 **Strictly Come Dancing** The annual special from Blackpool.

8.05 **Michael McIntyre's The Wheel** Featuring Clare Balding, Zoe Ball, and Tommy Fury.

9.05 **Wild Cherry** As the police hunt for Iris, the mothers refuse to listen to Lorna's concerns.

10.00 **News; Weather**

10.20 **Match of the Day** Premier League action.

11.45 **The Football Interview** Bukayo Saka.

12.00AM **FILM Cyrano** (2022)

1.55 **Weather**

2.00 **BBC News**

BBC2

8.05PM **Kim Wilde at the BBC**

6.20AM **Children's Programmes**

8.30 **Newsround**

8.40 **FILM Trolls Holiday in Harmony** (2021) Animated short.

9.00 **Gardeners' World** Horticulture advice. (R)

10.00 **My Life at Christmas with Anita Rani** Sheila Hancock. (R)

11.00 **This Farming Life** Documentary. (R)

12.00PM **The Great Food Guys** Seafood. (R)

12.30 **My Life as a Turkey: Natural World** (R)

1.30 **Westerns: Talking Pictures** (R)

2.15 **FILM Wagon Master** (1950)

3.35 **FILM She Wore a Yellow Ribbon** (1949) Western.

5.15 **Celebrity Race Across the World** (R)

6.20 **Flog It!** (R)

7.05 **Celebrity Antiques Road Trip** (R)

8.05 **Kim Wilde at the BBC** The singer shares her favourite musical moments and memories.

9.35 **TOTP 1981: Big Hits** With Altered Images. (R)

10.35 **Top of the Pops: The Story of 1981** (R)

11.35 **TOTP 1986: Big Hits** (R)

12.35AM **Top of the Pops: The Story of 1986** (R)

1.35 **FILM No Bears** (2022) Drama.

ITV1

11.05PM **The Jonathan Ross Show**

6.00AM **James Martin's Great British Adventure** Goodwood Revival. (R)

7.00 **Love Your Garden** Makeovers. (R)

7.30 **Love Your Weekend with Alan Titchmarsh** (R)

9.25 **ITV News**

9.30 **James Martin's Saturday Morning**

11.40 **ITV News; Weather**

11.55 **Champions: Full Gallop** (R)

1.00PM **Live ITV Racing: Live from Haydock**

4.00 **Tipping Point: Best Ever Finals** (R)

4.25 **Bullseye** (R)

5.30 **ITV News; Weather**

5.45 **ITV Regional News**

6.00 **The Chase Celebrity Special** (R)

7.00 **Celebrity Catchphrase** (R)

8.05 **The 1% Club** (R)

9.05 **I'm a Celebrity Get Me Out of Here!** The famous faces enter their second week in the jungle.

10.05 **Romesh Ranganathan's Parents' Evening** (R)

11.05 **The Jonathan Ross Show: Special Guests**

11.35 **ITV News; Weather**

11.55 **English Football League Highlights**

1.20AM **Shop on TV**

3.00 **TikTok: Murder Gone Viral** (R)

3.50 **Unwind with ITV**

5.05 **Champions: Full Gallop** (R)

Channel 4

10.05PM **The Serpent Queen**

6.10AM **Cheers** (R)

8.00 **Everybody Loves Raymond** (R)

8.55 **Frasier** (R)

9.55 **The Simpsons** (R)

10.55 **Formula 1 Las Vegas Grand Prix Qualifying Highlights**

12.25PM **Come Dine with Me: The Professionals** (R)

1.25 **A Place in the Sun** (R)

2.25 **George Clarke's Amazing Spaces** (R)

3.30 **Location, Location, Location** (R)

4.30 **Kirstie and Phil's Love It or List It** (R)

5.35 **New Zealand's Best Homes with Phil Spencer** Properties in Auckland and Queenstown. (R)

6.30 **Channel 4 News**

7.00 **Bettany Hughes' Treasures of the World**

8.05 **New Zealand by Train** (R)

9.05 **Hitler's DNA: Blueprint of a Dictator**

10.05 **The Serpent Queen** *NEW SERIES.* Historical drama, starring Samantha Morton.

11.00 **FILM Bad Boys for Life** (2020)

1.15AM **FILM Vengeance** (2022)

3.05 **Double the Money** Game show. (R)

4.00 **Ramsay's Kitchen Nightmares USA** (R)

4.50 **Kirstie and Phil's Love It or List It** (R)

5.50 **The Simpsons** (R)

5

9.05PM **Queen Elizabeth's Last Message**

6.00AM **Milkshake!**

8.55 **SpongeBob**

9.05 **Entertainment News on 5**

9.15 **Shetland: Scotland's Wondrous Isles** Double bill. (R)

11.05 **FILM Good Morning Christmas!** (2020) Romantic drama.

12.55PM **FILM Meet Me at Christmas** (2020) Drama.

2.45 **FILM Christmas at the Holly Day Inn** (2023)

4.35 **FILM A Very Yorkshire Christmas** (2019) Romantic drama.

5.35 **5 News Weekend**

6.30 **Our Big Yorkshire Christmas** (R)

8.05 **Secrets of the Royals: Births, Marriages and Deaths** *NEW SERIES.*

9.05 **Queen Elizabeth's Last Christmas Message: Farewell to the Nation**

10.35 **The Most Embarrassing TV Moments** *NEW SERIES.*

12.25AM **Winter Road Rescue** (R)

1.00 **Live Casino Show**

3.00 **Our Family Farm Rescue** (R)

3.50 **Friends** (R)

4.35 **Nick Knowles' Big House Clearout** (R)

5.25 **Entertainment News on 5**

5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Doctor Who Confidential** 7.15 **Doctor Who** 8.05 **Gavin & Stacey** 9.05 FILM **The Holiday** (2006) 11.15 **Daddy Issues** 11.40 **RuPaul's Drag Race UK** 12.40AM **Two Pints of Lager and a Packet of Crisps** 1.10 **Two Pints of Lager and a Packet of Crisps** 1.40 **Two Pints of Lager and a Packet of Crisps** 2.10 **Two Pints of Lager and a Packet of Crisps**

ITV2

12.55PM **I'm a Celebrity Get Me Out of Here!** 2.25 **I'm a Celebrity... Unpacked** 3.25 FILM **Harry Potter and the Philosopher's Stone** (2001) 6.30 FILM **Harry Potter and the Chamber of Secrets** (2002) 9.40 **Family Guy** 10.05 **I'm a Celebrity... Unpacked** 11.10 **Family Guy** 12.05AM **American Dad!** 1.00 **Deal or No Deal** 2.00 **Deep Fake Neighbour Wars** 2.25 **Unwind**

E4

1.50PM **The Big Bang Theory** 5.15 **The Great Christmas Bake Off 2021** 6.30 **The Simpsons** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **The Simpsons** 8.30 **The Simpsons** 9.00 **Gogglebox Festive Special** 10.30 **Gogglebox** 11.35 **Gogglebox** 12.35AM **First Dates** 2.40 **Gogglebox Festive Special** 4.00 **The Goldbergs** 4.50 **Ramsay's Kitchen Nightmares USA**

Sky Showcase

1.00PM FILM **Grease** (1978) 3.00 **Live Gillette Labs Soccer Saturday** 5.00 **Iconic Combat Machines** 6.00 **Black Death Patient Zero** 7.00 **Portrait Artist of the Year 2025** 8.00 **David Attenborough's Wild City** 9.05 FILM **Saving Private Ryan** (1998) 12.10AM **Never Mind the Buzzcocks** 12.55 **The Office (US)** 2.20 **Road Wars** 4.00 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 6.00 **Nothing to Declare** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Law & Order: Criminal Intent** 10.00 **Blue Bloods** 11.00 **Blue Bloods** 12.00AM **Bull** 1.00 **Law & Order: Criminal Intent** 2.00 **Stop, Search, Seize** 3.00 **The Good Doctor** 4.00 **Nothing to Declare**

23 November SUNDAY

BBC1

9PM
Prisoner 951

6.00AM **Breakfast**
7.35 **Match of the Day** (R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England**
10.30 **Sunday Morning Live** Topical debate.
11.30 **Prayer and Reflection**
12.00PM **Bargain Hunt** In Guildford, Surrey. (R)
1.00 **BBC News**
1.10 **Weather for the Week Ahead**
1.15 **Songs of Praise**
1.50 **Points of View**
2.05 **Blue Planet II: Into the Blue** (R)
2.15 **Kingdom** (R)
3.00 **Shaun the Sheep: The Flight Before Christmas** (R)
3.35 FILM **Dolittle** (2020)
5.05 **BBC News**
5.15 **Regional News**
5.25 **Countryfile**
6.25 **Kingdom**
7.15 **Strictly Come Dancing: The Results**
8.00 **Antiques Roadshow**
9.00 **Prisoner 951** *NEW SERIES.* Drama.
10.10 **News; Weather**
10.35 **Regional News**
10.40 **Match of the Day**
11.30 **The Eubanks: Like Father, Like Son** (R)
12.30AM **The Graham Norton Show** (R)
1.20 **Weather**
1.25 **BBC News**

BBC2

8PM **Chris McCausland: Seeing Into the Future**

6.10AM **Prayer and Reflection** (R)
6.40 **Countryfile** (R)
7.35 **Breakfast**
9.00 **Best of Weatherman Walking**
9.30 **Landward**
10.00 **Saturday Kitchen Best Bites**
11.30 **Nadiya's British Food Adventure** (R)
12.00PM **The Great Food Guys** Street food. (R)
12.30 FILM **Fiddler on the Roof** (1971)
3.20 **Flog It!** (R)
4.20 FILM **Beaches** (1988)
6.20 **Eva Longoria: Searching for Spain**
7.00 **Top Gear** (R)
8.00 **Chris McCausland: Seeing Into the Future**
8.45 **Amazing Hotels: Life Beyond the Lobby** In Morocco. (R)
9.00 **Mortimer & Whitehouse: Gone Fishing** In Ceredigion.
9.30 **Daisy May and Charlie Cooper's NightWatch**
10.00 FILM **Planes, Trains and Automobiles** (1987)
11.30 **Turner: The Secret Sketchbooks** (R)
12.30AM **Question Time** Topical debate. (R)
1.30 **Leonard and Hungry Paul** (R)
1.55 **Richard Burton: Wild Genius** (R)

ITV1

7PM
The Great Escapers

6.00AM **Ainsley's Food We Love** (R)
6.30 **James Martin's Spanish Adventure** (R)
7.30 **James Martin's Saturday Morning** (R)
9.25 **ITV News**
9.30 **Love Your Weekend with Alan Titchmarsh**
11.30 **Live EFL** Sheffield Wednesday v Sheffield United (Kick-off 12.00pm).
2.20PM **Fletchers' Family Farm**
3.20 **Fern Britton: Inside the Vet's** (R)
4.20 FILM **Mamma Mia! Here We Go Again** (2018)
6.30 **ITV News; Weather**
6.45 **ITV Regional News; Weather**
7.00 **The Great Escapers** *NEW SERIES.*
8.00 **Bullseye**
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights of the past 24 hours.
10.05 **Changing Ends** *NEW SERIES.* Comedy.
10.30 **ITV News; Weather**
10.50 **Sorry, I Didn't Know** Panel show.
11.15 **True Crime Presents Murder: The Tattoo Clue** Documentary. (R)
12.15AM **Shop on TV**
3.00 **Motorsport UK** (R)
3.50 **Unwind with ITV**
5.05 **Fletchers' Family Farm** (R)

Channel 4

8PM **Game of Wool: Britain's Best Knitter**

6.15AM **Cheers** (R)
8.00 **Everybody Loves Raymond** (R)
9.00 **Frasier** (R)
10.00 **Sunday Brunch**
1.00PM **Formula 1 Las Vegas Grand Prix Highlights**
3.30 **Four in a Bed** (R)
4.00 **Four in a Bed** (R)
4.30 **Four in a Bed** (R)
5.00 **Four in a Bed** (R)
5.30 **Channel 4 News**
6.00 FILM **Men in Black 3** (2012)
8.00 **Game of Wool: Britain's Best Knitter** Tom Daley presents a round themed around children.
9.00 **Summerwater** The picture-perfect Henderson family attempt to repair broken trust.
10.00 **Gogglebox** The households' opinions on recent TV (R)
11.05 **Celebrity Gogglebox** (R)
12.05AM **8 Out of 10 Cats Does Countdown** (R)
1.05 **Jimmy Carr's I Literally Just Told You** (R)
2.00 **The Serpent Queen**
2.55 **Undercover Boss USA** (R)
3.45 **Ramsay's Kitchen Nightmares USA** (R)
4.35 **Sarah Beeny's New Life in the Country** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

9.30PM **The 1970s Supermarket at Christmas**

6.00AM **Milkshake!** Children's programmes.
9.05 **Entertainment News on 5**
9.10 **Cruising with Jane McDonald: Ships & Giggles** (R)
10.30 **Christmas Cruising with Jane McDonald** (R)
12.00PM FILM **One Royal Christmas** (2020) Drama.
1.50 FILM **Crazy for Christmas** (2021)
2.55 FILM **Crazy for Christmas** (2021)
3.40 FILM **A Christmas... Present** (2022) Family comedy.
5.25 **5 News Weekend**
5.30 **Live NFL Big Game Night** Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of a top match.
9.30 **The 1970s Supermarket at Christmas** (R)
11.05 **Britain's Favourite Christmas Adverts** (R)
1.00AM **PlayOJO Live Casino Show**
3.05 **Dream Kitchens & Bathrooms with Mark Millar** (R)
3.50 **Friends** (R)
4.35 **Great British Bike Rides** (R)
5.25 **Entertainment News on 5**
5.35 **Ben and Holly's Little Kingdom** (R)
5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **EastEnders** 9.00 FILM **Cyrano** (2022) 10.55 **Daddy Issues** 11.20 **RuPaul's Drag Race UK** 12.20AM **BBC New Comedy Awards 2025** 12.50 **BBC New Comedy Awards 2025** 1.20 **New Comedy Awards 2025** 1.50 **Man Eater** 2.00 **Men of the Manosphere** 3.00 **Tommy: The Good. The Bad. The Fury** 3.30 **Tommy: The Good. The Bad. The Fury**

ITV2

1.40PM FILM **Harry Potter and the Prisoner of Azkaban** (2004) 4.15 FILM **Harry Potter and the Goblet of Fire** (2005) 7.20 FILM **Harry Potter and the Order of the Phoenix** (2007) 10.05 **I'm a Celebrity... Unpacked** 11.05 **Family Guy** 12.05AM **American Dad!** 1.00 **Deal or No Deal** 1.55 **Totally Bonkers Guinness World Records** 2.20 **Unwind** 3.00 **Teleshopping**

E4

1.15PM **Ramsay's Kitchen Nightmares USA** 2.15 **The Big Bang Theory** 6.15 **The Great New Year Bake Off** 7.30 **The Simpsons** 8.30 **The Simpsons** 9.00 FILM **Mission: Impossible – Rogue Nation** (2015) 11.45 **Naked Attraction** 12.45AM **Gogglebox: 10 Year Anniversary Special** 2.25 **Gogglebox** 3.20 **First Dates** 4.15 **The Neighborhood** 4.35 **Hollyoaks**

Sky Showcase

2.00PM **David Attenborough's Galapagos** 3.00 **Wicked: One Wonderful Night** 4.45 FILM **You've Got Mail** (1998) 7.00 **Rob & Romesh vs UFC** 8.00 **A League of Their Own** 9.00 **S.W.A.T** 10.00 **Revival** 11.00 FILM **Blacklight** (2022) 1.00AM **The Force: North East** 2.00 **Road Wars** 3.00 **Road Wars** 4.00 **Nothing to Declare** 4.30 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 6.00 **Nothing to Declare** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Caught on Dashcam** 9.00 **Law & Order: Criminal Intent** 10.00 **Doc** 11.00 **Matlock** 12.00AM **Bull** 1.00 **Law & Order: Criminal Intent** 2.00 **Watson** *NEW SERIES.* 3.00 **Watson** 4.00 **Nothing to Declare** 4.30 **Nothing to Declare**

MONDAY 24 November

BBC1

2PM **Celebrity Scam Interceptors**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Scams**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **Celebrity Scam Interceptors** *NEW SERIES.* Ethical hackers hunt down cyber criminals.
2.30 **Make It at Market** (R)
3.00 **Escape to the Country**
3.45 **The Bidding Room**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Garden Rescue** (R)
8.30 **Celebrity Scam Interceptors** (R)
9.00 **Prisoner 951**
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Have I Got News for You** (R)
11.15 **Fake Friend: The Ticket Scammer** (R)
12.15AM **Tell Me Lies**
1.10 **Weather for the Week Ahead**
1.15 **BBC News**

BBC2

9PM **Civilisations: Rise and Fall**

6.25AM **Antiques Road Trip** (R)
7.10 **Antiques Roadshow** From Fife. (R)
8.10 **Match of the Day** (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Impossible** (R)
1.45 **Impossible** (R)
2.30 **Great British Menu** Double bill. (R)
4.30 **A Wolf Called Storm: Natural World** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Fleur East hosts.
7.00 **Global Eye**
7.30 **Mastermind**
8.00 **Only Connect**
8.30 **University Challenge**
9.00 **Civilisations: Rise and Fall** *NEW SERIES.* The reasons for the demise of four ancient civilisations, beginning with Rome.
10.00 **Leonard and Hungry Paul** The duo attend Grace's wedding. Last in the series.
10.30 **Newsnight; Weather**
11.00 **FILM Official Secrets** (2019)
12.45AM **Countryfile** (R)
1.40 **Once Upon a Time in Space** (R)
2.45 **Sara Cox: Every Step of the Way for Children in Need** (R)

ITV1

10.20PM **Changing Ends**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Nicola warns Kev off.
8.00 **Coronation Street** Becky fights back when she finds herself targeted.
9.00 **I'm a Celebrity Get Me Out of Here!** Highlights from the past 24 hours in the camp.
10.20 **Changing Ends** The Carrs head to London and that means quality time with Terri.
10.45 **ITV News at Ten; Weather**
11.15 **ITV Regional News; Weather**
11.30 **The Assembly** Danny Dyer is interviewed by neurodivergent individuals. (R)
12.00AM **Shop on TV**
3.00 **Sara Davies' Christmas Craft Off** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

5PM **The Great B&B Challenge**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** An art deco fire guard. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** Tenerife. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **The Great B&B Challenge** *NEW SERIES.* Six couples compete to win a B&B in rural France.
6.00 **A Place in the Sun**
7.00 **Channel 4 News**
7.55 **Rory Peck Awards**
8.00 **Inside The World's Most Luxurious Motorhomes**
9.00 **Summerwater** Annie makes tough decisions.
10.00 **24 Hours in A&E** Documentary. (R)
11.05 **24 Hours in A&E** (R)
12.05AM **Rescue: Extreme Medics** (R)
1.05 **Ramsay's Kitchen Nightmares USA** (R)
1.55 **The Serpent Queen**
3.50 **Unreported World** Documentary. (R)
4.20 **Sarah Beeny's New Life in the Country** (R)
4.45 **Hollyoaks** (R)
5.55 **Countdown** (R)

5

9PM **The Forsytes**

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 **FILM A Tale of Two Christmases** (2022) Romantic comedy.
3.15 **FILM A Sprinkle of Christmas** (2024) *PREMIERE.*
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Motorway Cops: Catching Britain's Speeders** (R)
7.56 **5 News Update**
8.00 **Police Interceptors**
9.00 **The Forsytes** Soames commissions Philip to build a country house. Last in the series.
10.10 **Police: Night Shift 999** A group of men trying to break into cars. (R)
11.15 **Police Interceptors** Two suspected car thieves are pursued. (R)
12.15AM **Traffic Cops** (R)
1.10 **Live Casino Show**
3.10 **Dream Kitchens & Bathrooms with Mark Millar** (R)
4.00 **Big Antique Adventure with Susan Calman** (R)
4.45 **Great British Bike Rides** (R)
5.30 **Entertainment News on 5**
5.35 **Children' Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.55 **The Catch Up** 8.00 **Top Gear** 9.00 **Fake Friend: The Ticket Scammer** 10.00 **Confessions of a Teenage Fraudster** 10.45 **Confessions of a Teenage Fraudster** 11.30 **Confessions of a Teenage Fraudster** 12.15AM **Hunting the Catfish Crime Gang** 1.15 **Top Gear** 2.15 **BBC New Comedy Awards 2025** 2.45 **Cable Tied**

ITV2

1.05PM **I'm a Celebrity… Unpacked** 2.05 **Celebrity Catchphrase** 3.05 **The Real Housewives of Jersey** 4.05 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 6.00 **I'm a Celebrity Get Me Out of Here!** 7.00 FILM **Harry Potter and the Half-Blood Prince** (2009) 10.20 **I'm a Celebrity… Unpacked** 11.20 **Family Guy** 12.15AM **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **Gogglebox** 11.05 **First Dates** 12.10AM **The Big Bang Theory** 12.40 **The Big Bang Theory** 1.10 **Gogglebox** 2.15 **The Simpsons** 2.40 **Young Sheldon**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Gladiators** 9.00 FILM **Snatch** (2000) 11.00 **Curb Your Enthusiasm** 12.20AM **The Force: North East** 1.15 **The Force: North East** 2.10 **Road Wars** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Force: Manchester**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Watson** 10.00 **Watson** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **FBI: Most Wanted** 3.00 **The Good Doctor** 4.00 **Brit Cops: Rapid Response** 5.00 **Send in the Dogs**

Digital Spy
What do you mean you've never heard of us?
ALL DAY, EVERY DAY
TV, MOVIE & SOAPS NEWS
Digital Spy
TV update
17 shows you need to watch this autumn
Digital Spy FORUMS NEWSLETTER
SCAN HERE TO VISIT
DigitalSpy.com
DigitalSpy
DigitalSpyUK
DigitalSpyUK
DigitalSpy

PICS: GETTY

TUESDAY 25 November

BBC1

8PM
Celebrity MasterChef

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Scams**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **Regional News**
2.00 **Scam Interceptors**
2.30 **Make It at Market** (R)
3.00 **Escape to the Country**
3.45 **The Bidding Room**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Celebrity MasterChef** Dawn O'Porter, Chris Hughes, Jaki Graham, Jamie Lomas and Michelle Heaton compete.
9.00 **Ambulance** A paramedic tries to stabilise an 11-year-old injured in a collision. Last in the series.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **FILM The Idea of You** (2024) *PREMIERE.*
12.30AM **Tell Me Lies**
1.35 **Weather**
1.40 **BBC News**

BBC2

7.30PM **Mary at 90: A Lifetime of Cooking**

6.30AM **Escape to the Country** (R)
7.15 **The Bidding Room** Nigel Havers presents. (R)
8.00 **The Repair Shop** (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Impossible** (R)
1.45 **Brainbox Challenge** Game show. (R)
2.15 **Great British Menu** Double bill. (R)
4.15 **Liz Bonnin's Wild Caribbean** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Fleur East presents.
7.00 **Fighting the Phone Snatchers – On the Front Line** Police in London tackling phone theft.
7.30 **Mary at 90: A Lifetime of Cooking** Mary Berry is joined by Alan Titchmarsh.
8.00 **The Balkans: Europe's Forgotten Frontier** (R)
9.00 **QI XL**
9.45 **World's Most Dangerous Roads** (R)
10.30 **Newsnight**
11.00 **Highland Cops** (R)
12.00AM **Celebrity Race Across the World** (R)
1.00 **Celebrity MasterChef** (R)
2.00 **Mary at 90: A Lifetime of Cooking** (R)
2.30 **Empire with David Olusoga** (R)

ITV1

2PM
Tipping Point

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Aaron finds what he is looking for and Bear is torn.
8.00 **The Martin Lewis Money Show: Live** Advice on combatting the ever-rising cost of energy bills.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights from the past 24 hours.
10.05 **Changing Ends** Alan gets a shock about his future.
10.30 **ITV News at Ten; Weather**
11.00 **ITV Regional News; Weather**
11.15 **The Assembly** (R)
12.15AM **Shop on TV**
3.00 **Romesh Ranganathan's Parents' Evening** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

8PM **The Great Celebrity Bake Off**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** A miniature Hay Wain. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** On Fuerteventura. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **The Great B&B Challenge**
6.00 **A Place in the Sun** Spain's Costa Almería. (R)
7.00 **Channel 4 News**
7.55 **Rory Peck Awards**
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** (R)
9.00 **Summerwater** The residents come face to face and tragedy strikes. Last in the series.
10.00 **Ghislaine Maxwell: The Making of a Monster** Three episodes. Documentary profile of the sex trafficker. (R)
1.05AM **The Last Leg** (R)
2.00 **The Serpent Queen**
3.55 **Ramsay's Hotel Hell** (R)
4.45 **Jamie's Comfort Food** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

11.30AM
Storm Huntley

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 **FILM A Recipe for Christmas Romance** (2024) *PREMIERE.*
3.15 **FILM Haul Out the Holly** (2022)
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Christmas at Longleat** Exploring the transformation of Longleat estate for Christmas. (R)
7.56 **5 News Update**
8.00 **Cooper & Fry** DC Ben Cooper and DC Diane Fry investigate the disappearance of a teenage girl.
10.00 **A&E After Dark** (R)
11.05 **Surgeons: A Matter of Life or Death** (R)
12.05AM **Casualty 24/7: Every Second Counts** (R)
1.05 **Live Casino Show**
3.05 **Dream Kitchens & Bathrooms with Mark Millar** (R)
3.50 **Billionaire Resorts: On Holiday with the Super Rich** (R)
4.40 **Great British Bike Rides** (R)
5.25 **Entertainment News on 5**
5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.30 **The Catch Up** 8.00 **Top Gear** 9.00 **Celebrity Scam Interceptors** 9.30 **Fake Friend: The Ticket Scammer** 10.30 **The Eubanks: Like Father, Like Son** 11.30 **Tommy: The Good. The Bad. The Fury** 12.00AM **Tommy: The Good. The Bad. The Fury** 12.30 **Tommy: The Good. The Bad. The Fury** 1.00 **Tommy: The Good. The Bad. The Fury**

ITV2

1.15PM **I'm a Celebrity... Unpacked** 2.20 **Catchphrase** 3.00 **The Real Housewives of Jersey** 4.00 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 6.00 **I'm a Celebrity Get Me Out of Here!** 7.20 FILM **Harry Potter and the Deathly Hallows: Part 1** (2010) 10.05 **I'm a Celebrity... Unpacked** 11.10 **Family Guy** 12.00AM **American Dad!** 1.00 **Plebs**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **Gogglebox** 11.05 **First Dates** 12.10AM **The Big Bang Theory** 12.40 **The Big Bang Theory** 1.05 **Gogglebox** 2.10 **The Simpsons** 2.35 **Young Sheldon**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **David Attenborough's Wild City** 9.00 **Mr Bigstuff** 9.30 **Mr Bigstuff** 10.00 **Karl Pilkington: The Moaning of Life** 11.00 **Josh Widdicombe: Bit Much..** 12.15AM **The Force: North East** 1.10 **Road Wars** 3.00 **S.W.A.T**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Matlock** 10.00 **FBI: Most Wanted** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **Doc** 3.00 **Fire Country** 4.00 **Brit Cops: Rapid Response** 5.00 **Send in the Dogs**

26 November WEDNESDAY

BBC1

9PM
Shetland

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Scams**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Scam Interceptors**
2.30 **Make It at Market** (R)
3.00 **Escape to the Country** (R)
3.45 **The Bidding Room**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Celebrity MasterChef** Chef Poppy O'Toole challenges the contestants to make one of her potato dishes.
9.00 **Shetland** Tosh digs into Robert Tulloch's career in the police.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **MOTD: UEFA Champions League** Action from the matchday five fixtures.
12.00AM **Alan Carr's Picture Slam** (R)
12.45 **Weather**
12.50 **BBC News**

BBC2

9PM
Poison Water

6.30AM **Escape to the Country** (R)
7.15 **The Bidding Room** Nigel Havers presents. (R)
8.00 **Celebrity Antiques Road Trip** (R)
9.00 **BBC News**
11.15 **Politics Live: Budget 2025**
3.15PM **Great British Menu: The Finals** (R)
4.15 **Liz Bonnin's Wild Caribbean** (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Behind-the-scenes.
7.00 **The Crash Detectives**
7.30 **Grand Tours of Scotland's Lochs** (R)
8.00 **Ready Meals: What They Really Mean For You** (R)
9.00 **Poison Water** The story of a mass poisoning of tap water in Cornwall in 1988.
10.20 **Saving Lives at Sea** (R)
10.30 **Newsnight**
11.00 **Empire with David Olusoga** (R)
12.00AM **Mortimer & Whitehouse: Gone Fishing** (R)
12.30 **Daisy May and Charlie Cooper's NightWatch** (R)
1.00 **Celebrity MasterChef** (R)
3.00 **Global Eye** (R)

ITV1

11.05PM
Peston

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.15PM **ITV News Special: The Chancellor's Budget**
1.50 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Sam has an idea, and the police arrive in the village.
8.00 **Coronation Street** Becky schemes to stop Lisa from meeting up with Carla.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec reveal highlights from the last 24 hours.
10.20 **ITV News; Weather**
10.50 **ITV Regional News; Weather**
11.05 **Peston** Political magazine show, hosted by Robert Peston.
12.05AM **Shop on TV**
3.00 **Shoplifting: Who's Paying the Price? – Tonight** (R)
3.25 **Blind Matchmakers – Fresh Cuts 2025** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

8PM **Grand Designs: House of the Year**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** A vintage moped. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** In Benalmadena, Spain. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **The Great B&B Challenge**
6.00 **A Place in the Sun** On Fuerteventura. (R)
7.00 **Budget Special: Channel 4 News**
7.55 **The Political Slot**
8.00 **Grand Designs: House of the Year** Homes in Kent, London, Surrey and Wiltshire.
9.00 **24 Hours in A&E** (R)
10.00 **Emergency Helicopter Medics** (R)
11.05 **Britain's Most Expensive Houses** (R)
12.05AM **Outrageous Homes** (R)
1.05 **Summerwater** (R)
2.00 FILM **C'mon C'mon** (2021)
3.50 **Cancer Detectives: Finding the Cures** (R)
4.45 **Kirstie's Fill Your House for Free** (R)
5.00 **Love It or List It** (R)
5.55 **Countdown** (R)

5

10PM
A Killer Makes a Call

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 FILM **All I Need for Christmas** (2024) *PREMIERE.*
3.15 FILM **A True Family Christmas** (2022) Comedy drama.
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **The Motorway** (R)
7.56 **5 News Update**
8.00 **Traffic Cops**
9.00 **Murder Suspect No 1** Hull detectives search for a suspect who left a man for dead in his burning flat. Last in the series. (R)
10.00 **A Killer Makes a Call** *NEW SERIES.* The investigation of a man who falsely reported his ex partner missing.
11.35 **My Lover, My Killer** True crime. (R)
12.35AM **Winter Road Rescue** (R)
1.05 **Live Casino Show**
3.05 **Dream Kitchens & Bathrooms with Mark Millar** (R)
3.50 **Friends** (R)
4.35 **Great British Bike Rides** (R)
5.25 **Entertainment News on 5**
5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.30 **The Catch Up** 8.00 **Top Gear** 9.00 FILM **The Idea of You** (2024) Romance starring Anne Hathaway and Nicholas Galitzine. 10.50 FILM **PS I Love You** (2007) Romantic drama, starring Hilary Swank and Gerard Butler. 12.50AM **Daddy Issues** 1.15 **RuPaul's Drag Race UK** 2.15 **Confessions of a Teenage Fraudster** 3.00 **Top Gear**

ITV2

2.05PM **Celebrity Catchphrase** 3.00 **Real Housewives of Jersey** 4.00 **Real Housewives of Dubai** 5.00 **Real Housewives of Atlanta** 6.00 **I'm a Celebrity Get Me Out of Here!** 7.00 FILM **Harry Potter and the Deathly Hallows: Part 2** (2011) 9.35 **Family Guy** 10.00 **The Stand Up Sketch Show** 10.20 **I'm a Celebrity... Unpacked** 11.25 **Family Guy** 11.50 **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **Gogglebox** 11.05 **First Dates** 12.05AM **The Big Bang Theory** 12.35 **The Big Bang Theory** 1.05 **Gogglebox** 2.05 **The Simpsons** 2.35 **Young Sheldon** 3.25 **Modern Family**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **Portrait Artist of the Year 2025** 9.00 **A League of Their Own** 10.00 **Katherine Ryan – Missus** 11.30 **Football's Funniest Moments** 12.30AM **The Force: North East** 1.30 **Road Wars** 3.00 **S.W.A.T**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Doc** 10.00 **Fire Country** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **FBI** 3.00 **FBI: International** 4.00 **Brit Cops: Rapid Response** 5.00 **Send in the Dogs**

THURSDAY 27 November

BBC1

7PM
The One Show

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Scams**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **Scam Interceptors**
2.30 **Make It at Market** (R)
3.00 **Escape to the Country** (R)
3.45 **The Bidding Room** Nigel Havers presents. (R)
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Celebrity Race Across the World** The teams travel through Costa Rica towards Panama.
9.00 **Celebrity MasterChef** The celebrities take on the pairs challenge.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Question Time**
11.40 **Newscast**
12.10AM **Michael McIntyre's The Wheel** (R)
1.10 **Weather**
1.15 **BBC News**

BBC2

8PM
Highland Cops

6.30AM **Antiques Road Trip** Double bill. (R)
8.00 **Best of Weatherman Walking** (R)
8.30 **See Hear: Children in Need Special**
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Impossible** (R)
1.45 **Brainbox Challenge** Game show. (R)
2.15 **Great British Menu: The Finals** (R)
4.15 **The Bear Family and Me** Documentary. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** With Vicky Gill.
7.00 **Celebrity Antiques Road Trip** (R)
8.00 **Highland Cops**
9.00 **The Man in the Mask: An Orkney Murder** *NEW SERIES.* The 1994 shooting of Shamsuddin Mahmood.
9.45 **The Ridge** A gruesome discovery in the forest puts Mia in danger.
10.30 **Newsnight**
11.05 **Civilisations: Rise and Fall** (R)
12.05AM **See Hear: Children in Need Special** The impact of Children in Need on deaf children. (R)
12.35 **Kingdom** (R)
1.25 **Highland Cops** (R)
2.25 **Weatherman Walking for Children in Need** (R)

ITV1

9AM
Lorraine

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **The Martin Lewis Money Show: Budget Special** The money-saving expert examines Rachel Reeves' budget.
8.00 **Emmerdale** Ray makes an order, and Sam gets caught out.
9.00 **I'm a Celebrity Get Me Out of Here!** Celebrity survival challenge.
10.35 **Changing Ends** As a heatwave looms Alan tries to write about the man of his dreams.
11.00 **ITV News at Ten; Weather**
11.30 **ITV Regional News; Weather**
11.50 **The Assembly** (R)
12.20AM **Shop on TV**
3.00 **The Great Escapers** Celebrity challenge. (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

10PM Gogglebox
Festive Special

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** An old Land Rove. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** Oliva, Spain. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **The Great B&B Challenge**
6.00 **A Place in the Sun** The Costa del Sol. (R)
7.00 **Channel 4 News**
7.55 **The Political Slot**
8.00 **George Clarke's Remarkable Renovations** A couple turn a cattle shed into their first home. (R)
9.00 **Cancer Detectives: Finding the Cures** A focus on neurosurgeon Richard Mair's work.
10.00 **Gogglebox Festive Special** (R)
11.35 **Gogglebox** (R)
12.35AM **Ramsay's Hotel Hell** (R)
1.25 **Summerwater** (R)
2.20 **Summerwater** (R)
3.15 **The Serpent Queen**
4.10 **Car S.O.S** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

7PM The Taste
Test Restaurant

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News at Lunchtime**
1.00 **Home and Away** (R)
1.30 FILM **Rescuing Christmas** (2023) *PREMIERE.*
3.15 FILM **Candy Coated Christmas** (2021) Romantic comedy.
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** An exploration of the history of Kensington Palace. (R)
6.55 **5 News Update**
7.00 **The Taste Test Restaurant** Tom Read Wilson's diners sample a range of ready meals.
7.55 **5 News Update**
8.00 **Inside the Tower of London** May 2025, and the Tower is gearing up for the busiest day of the year so far.
9.00 **Live NFL Big Game Night** Dallas Cowboys v Kansas City Chiefs (Kick-off 9.30pm).
1.00AM **Winter Road Rescue** (R)
1.30 **Live Casino Show**
3.30 **Britain's Favourite Cheese at Christmas** (R)
4.20 **Friends** (R)
4.40 **The QE2** (R)
5.35 **Entertainment News on 5**
5.40 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.00 **The Catch Up** 7.30 **The Hit List Strictly Special** 8.15 **Alan Carr's Picture Slam** 9.00 **RuPaul's Drag Race UK** 10.10 **Australian Survivor** *NEW SERIES.* 11.40 **Australian Survivor** 12.55AM **Scam Land: Money, Mayhem and Maseratis** 1.30 **Scam Land: Money, Mayhem and Maseratis** 2.00 **Confessions of a Teenage Fraudster**

ITV2

2.20PM **Catchphrase** 3.00 **The Bardsley Bunch** 4.00 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 5.55 **I'm a Celebrity Get Me Out of Here!** 7.10 FILM **Fantastic Beasts and Where to Find Them** (2016) 9.50 **Family Guy** 10.15 **The Stand Up Sketch Show** 10.35 **I'm a Celebrity... Unpacked** 11.35 **Family Guy** 12.05AM **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **The Simpsons** 7.30 **Animal Control** 8.00 **America's Next Top Model** 9.00 **Gogglebox** 10.00 **First Dates** 11.05 **Naked Attraction** 12.10AM **The Big Bang Theory** 1.05 **Gogglebox** 2.05 **The Simpsons** 2.30 **Young Sheldon** 3.15 **Modern Family**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Rob & Romesh vs UFC** 9.00 **Never Mind the Buzzcocks** 10.00 **A League of Their Own** 11.00 **Curb Your Enthusiasm** 11.40 **Curb Your Enthusiasm** 12.20AM **The Force: North East** 1.15 **Road Wars** 2.10 **Road Wars** 3.00 **S.W.A.T**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **FBI** 10.00 **FBI: International** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Chicago Med** 2.00 **Chicago Fire** 3.00 **Chicago PD** 4.00 **Brit Cops: Rapid Response** 5.00 **Send in the Dogs**

28 November FRIDAY

BBC1

10.40PM **The Graham Norton Show**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Rip Off Britain: Scams**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **Hope Street**
2.45 **Escape to the Country** (R)
3.45 **The Bidding Room**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **Policing Paradise** Documentary. (R)
8.00 **Return to Paradise** A corpse is found in a locked motel room.
9.00 **Have I Got News for You** Richard Ayoade hosts.
9.35 **Daddy Issues**
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **The Graham Norton Show** With guest Miriam Margolyes.
11.30 **RuPaul's Drag Race UK** (R)
12.40AM FILM **Lara Croft: Tomb Raider** (2001) Adventure.
2.15 **Weather**
2.20 **BBC News**

BBC2

9PM **The Witch Hunts: Lucy Worsley…**

6.30AM **Antiques Road Trip** Double bill. (R)
8.00 **Gardeners' World** Horticulture tips. (R)
9.00 **BBC News**
12.30PM **Political Thinking with Nick Robinson**
1.00 **Impossible** (R)
1.45 **Brainbox Challenge** Game show. (R)
2.15 **Great British Menu: The Finals** (R)
3.15 **Great British Menu: Banquet Special** (R)
4.15 **The Bear Family and Me** Documentary. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Fleur East presents.
7.00 **Villages by the Sea** Johnshaven. (R)
7.30 **Mortimer & Whitehouse: Gone Fishing** (R)
8.00 **Gardeners' World Winter Specials** The joy of gardening during the coldest months.
9.00 **The Witch Hunts: Lucy Worsley Investigates** (R)
10.00 **QI** (R)
10.30 **Newsnight**
11.00 FILM **Quartet** (2012)
12.35AM **Turner: The Secret Sketchbooks** (R)
1.35 **Wild Cherry** (R)
2.30 **The Crash Detectives** (R)

ITV1

9PM **I'm a Celebrity Get Me Out of Here!**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Sara Davies' Christmas Craft Off**
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Bob is worried about April.
8.00 **Coronation Street** Theo accuses Todd of flirting with James.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec reveal all from the past 24 hours in camp.
10.20 **Changing Ends** An away game feels like an opportunity for a father and son bonding session.
10.45 **ITV News at Ten; Weather**
11.20 **ITV Regional News; Weather**
11.35 **The Assembly: Unseen** (R)
12.00AM **Shop on TV**
3.00 **Tom Kerridge Cooks Spain** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

8PM **The Dog House at Christmas**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Come Dine with Me: The Professionals** (R)
1.10 **Find It, Fix It, Flog It** Upcycling a trough. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** In Abruzzo, Italy. (R)
4.00 **Help! We Bought a Village** (R)
5.00 **The Great B&B Challenge**
6.00 **A Place in the Sun** In Lanzarote. (R)
7.00 **Channel 4 News**
7.55 **The Political Slot**
8.00 **The Dog House at Christmas** A labradoodle with a fear of strangers.
9.00 **Gogglebox**
10.00 **The Last Leg**
11.05 **Formula 1: Qatar Grand Prix Sprint Qualifying Highlights**
11.40 **Jon Richardson: Old Man Tour** (R)
12.35AM FILM **Ready or Not** (2019)
2.10 **The Serpent Queen**
3.15 **Double the Money** Sue Perkins hosts. (R)
4.10 **Ramsay's Hotel Hell** A Vermont B&B. (R)
5.00 **Kirstie's Fill Your House for Free** (R)
5.15 **Game of Wool: Britain's Best Knitter** (R)

5

8PM **A Luxury Christmas for Less: How to Do It**

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News at Lunchtime**
1.00 **Home and Away** (R)
1.30 FILM **A Magical Christmas Village** (2022) Festive fantasy.
3.15 FILM **Destination Christmas** (2022) *PREMIERE.*
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Lidl vs Fortnum & Mason: Who Does Christmas Better?** (R)
7.55 **5 News Update**
8.00 **A Luxury Christmas for Less: How to Do It** Four bargain hunters find the nation's tastiest luxury Christmas treats.
9.00 **The Big Snow of '82** The extreme cold weather that hit Britain more than 40 years ago. (R)
10.30 **Britain's Favourite 70s Sitcoms** (R)
11.30 **Piers Morgan: Uncensored**
1.00AM **PlayOJO Live Casino Show**
3.00 **Tractor World: Big, Bigger, Biggest** (R)
3.50 **Friends** (R)
4.40 **The QE2** (R)
5.25 **Entertainment News on 5**
5.35 **Children's Shows**

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.00 **The Catch Up** 7.30 FILM **Dolittle** (2020) 9.05 **Here We Go** 9.35 **Daddy Issues** 10.00 **Celebrity Race Across the World** 11.00 **Australian Survivor** 1.25AM **Scam Land: Money, Mayhem and Maseratis** 2.00 **Scam Land: Money, Mayhem and Maseratis** 2.35 **Fake Friend: The Ticket Scammer** 3.35 **Daddy Issues**

ITV2

2.35PM **Catchphrase** 3.10 **The Bardsley Bunch** 4.10 **The Real Housewives of Dubai** 5.00 **The Real Housewives of Atlanta** 6.00 **I'm a Celebrity Get Me Out of Here!** 7.35 FILM **Fantastic Beasts: The Crimes of Grindelwald** (2018) 10.20 **I'm a Celebrity… Unpacked** 11.25 **American Dad!** 11.50 **Family Guy** 12.45AM **American Dad!** 1.10 **Plebs** 1.40 **Plebs**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **America's Next Top Model** 9.00 FILM **Mission: Impossible – Rogue Nation** (2015) 11.40 **The Big Bang Theory** 12.05AM **The Big Bang Theory** 12.35 **Naked Attraction** 1.40 **America's Next Top Model**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **Formula 1** 9.00 **The Walking Dead: Daryl Dixon** 10.00 **Chris Ramsey: Live from London** 11.00 **A League of Their Own** 11.55 **Sex and the City** 12.35AM **Sex and the City** 1.15 **Road Wars** 3.00 **S.W.A.T**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Chicago Med** 9.00 **Chicago Fire** 10.00 **Chicago PD** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **The Good Doctor** 2.00 **The Good Doctor** 3.00 **Law & Order: Criminal Intent** 4.00 **Brit Cops: Rapid Response**

SATURDAY 29 November

BBC1

6.35PM **Strictly Come Dancing**

6.00AM **Breakfast**

10.00 **Saturday Kitchen Live** Cookery show.

11.30 **Mary at 90: A Lifetime of Cooking** (R)

12.00PM **Football Focus**

12.45 **BBC News; Weather**

1.00 **Live Snooker: UK Championship** Coverage of the afternoon session on day one from York.

4.30 **Final Score**

5.25 **BBC News**

5.40 **BBC Regional News; Weather**

5.50 **Alan Carr's Picture Slam** Game show.

6.35 **Strictly Come Dancing** Tess Daly and Claudia Winkleman present as the couples take to the dance floor.

8.05 **Michael McIntyre's The Wheel** The comedian hosts the celebrity quiz.

9.10 **Wild Cherry** Lorna fights to get Grace back into school.

10.05 **BBC News; Weather**

10.25 **Match of the Day** Highlights of the latest Premier League matches.

11.35 **The Football Interview** A conversation with a leading football personality.

11.50 **FILM The Impossible** (2012)

1.30AM **Weather for the Week Ahead**

1.35 **BBC News**

BBC2

10.05PM **TOTP: Christmas Hits**

6.20AM **Children's Programmes**

8.35 **Gardeners' World Winter Specials** (R)

9.35 **My Life at Christmas with Anita Rani** Rudolph Walker. (R)

10.35 **FILM The Waltons' Homecoming** (2021)

11.50 **The Bear Family and Me** (R)

12.50PM **FILM TBA**

2.45 **FILM The Ipcress File** (1965)

4.30 **Live Snooker: UK Championship**

5.30 **Celebrity Race Across the World** (R)

6.30 **Flog It!** (R)

7.00 **Celebrity Antiques Road Trip** A cross-country treasure-hunting challenge. (R)

8.00 **Live Boxing** Frazer Clarke v Jeamie Tshikeva.

10.05 **TOTP: Christmas Hits** Chart-toppers from festive episodes of the music show. (R)

11.35 **TOTP2: Christmas** A selection of archive performances from yesteryear. (R)

12.15AM **Mariah Meets Rylan** Mariah Carey chats about her life, music and the festive season. (R)

1.10 **Snooker: UK Championship Extra**

3.10 **Celebrity MasterChef** (R)

ITV1

11.40AM **John and Lisa's Christmas Kitchen**

6.00AM **James Martin's Great British Adventure** In Kent. (R)

7.00 **Love Your Garden**

7.30 **Love Your Weekend with Alan Titchmarsh** (R)

9.25 **ITV News**

9.30 **James Martin's Saturday Morning**

11.40 **John and Lisa's Christmas Kitchen**

12.40PM **Ainsley's Good Mood Food** (R)

1.15 **ITV News; Weather**

1.30 **Live ITV Racing: From Newbury**

3.55 **Bullseye** (R)

5.00 **Live International Football** England v China (Kick-off 5.30pm).

7.50 **ITV News; Weather**

7.55 **ITV Regional News; Weather**

8.00 **Who Wants to Be a Millionaire?** Quiz. (R)

9.00 **I'm a Celebrity Get Me Out of Here!** The famous faces enter their third week in the Australian jungle.

10.05 **Changing Ends** Alan gets some unexpected attention. Last in the series.

10.30 **ITV News; Weather**

10.45 **English Football League Highlights**

12.15AM **Shop on TV**

3.00 **Bullseye** (R)

3.50 **Unwind with ITV**

5.05 **Be Your Own Boss** With Holly Tucker. (R)

Channel 4

8PM **Sandi Toksvig's Great Riviera Rail Trip**

6.10AM **Cheers** (R)

8.00 **Everybody Loves Raymond** (R)

8.55 **Frasier** (R)

9.55 **The Simpsons** (R)

10.25 **The Simpsons** (R)

10.55 **Four in a Bed** (R)

1.30PM **FILM Secret Headquarters** (2022) Comedy adventure.

3.30 **Location, Location, Location** (R)

4.30 **New Zealand's Best Homes with Phil Spencer** (R)

5.35 **Secrets of the Christmas Market** (R)

6.30 **Channel 4 News**

7.00 **Alpine Train at Christmas** (R)

8.00 **Sandi Toksvig's Great Riviera Rail Trip** *NEW SERIES.* Sandi takes a tour of locations on the French coast.

9.00 **Devon and Cornwall at Christmas** (R)

10.00 **Formula 1 Qatar Grand Prix Sprint Race And Qualifying Highlights**

11.30 **FILM Commando** (1985)

1.15AM **FILM Proxima** (2019)

3.05 **Ramsay's Hotel Hell** Juniper Hill Inn. (R)

3.55 **The Simpsons** (R)

4.20 **Couples Come Dine with Me** (R)

5.10 **TBA**

5.25 **Kirstie and Phil's Love It or List It** (R)

5

9PM **William: When I Become King**

6.00AM **Milkshake!**

9.05 **Entertainment News on 5**

9.20 **Shetland: Scotland's Wondrous Isles** (R)

10.05 **Christmas at Longleat** (R)

11.05 **FILM Royally Yours, This Christmas**

1.00PM **FILM Very Merry Toy Store** (2017) Festive drama.

2.50 **FILM Christmas in Notting Hill** (2023)

4.40 **FILM Christmas In Scotland** (2023)

6.30 **Royal Palaces at Christmas** (R)

8.00 **Secrets of the Royals: Births, Marriages and Deaths**

9.00 **William: When I Become King**

10.30 **The Most Embarrassing Live TV Moments**

12.25AM **Winter Road Rescue** (R)

1.00 **Live Casino Show**

3.00 **Tractor World: The Fast & the Furious** (R)

3.50 **Friends** (R)

4.35 **The Wonderful World of Chocolate** (R)

5.25 **Entertainment News on 5**

5.35 **Ben and Holly's Little Kingdom** (R)

5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Doctor Who** 7.55 **Doctor Who** The Doctor investigates a plot involving a time travelling hotel. 8.50 **Live Match of the Day** 11.00 **Gavin & Stacey** The gang reunites for Neil's christening. 11.30 **Gavin & Stacey** 12.00AM **RuPaul's Drag Race UK** 1.10 **Australian Survivor** *NEW SERIES.* 2.20 **Australian Survivor** 3.35 **My Mate's a Bad Date**

ITV2

1.40PM FILM **Harry Potter and the Half-Blood Prince** (2009) 4.45 FILM **Harry Potter and the Deathly Hallows: Part 1** (2010) 7.25 FILM **Harry Potter and the Deathly Hallows: Part 2** (2011) 10.05 **I'm a Celebrity... Unpacked** 11.05 **Family Guy** 11.35 **Family Guy** 12.05AM **American Dad!** 12.30 **American Dad!** 1.00 **Deal or No Deal** 2.50 **Unwind with ITV**

E4

1.15PM **Ramsay's Kitchen Nightmares USA** 2.15 **The Big Bang Theory** 4.10 **The Great Christmas Bake Off** 5.30 **The Simpsons** 8.30 **The Simpsons** 9.00 **Gogglebox Festive Special** 10.30 **Gogglebox** 11.35 **Gogglebox** 12.35AM **First Dates** 1.35 **First Dates** 2.40 **Gogglebox Festive Special** 4.00 **Ramsay's Kitchen Nightmares USA**

Sky Showcase

2.00PM **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 3.00 **Live Gillette Labs Soccer Saturday** 5.00 FILM **You've Got Mail** (1998) 7.10 **The Simpsons** 7.35 **Portrait Artist of the Year 2025** 8.30 **Formula 1** 10.30 **Ted's Notebook** 11.00 FILM **Snatch** (2000) 1.00AM **The Office (US)** 3.00 **Road Wars** 4.00 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 6.00 **Nothing to Declare** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Caught on Dashcam** 9.00 **Caught on Dashcam Winter Special** 10.00 **Caught on Dashcam Winter Special** 11.00 **Law & Order: Criminal Intent** 12.00AM **Bull** 1.00 **Bull** 2.00 **Law & Order: Criminal Intent** 3.00 **The Good Doctor**

30 November SUNDAY

BBC1

8PM
Antiques Roadshow

6.00AM **Breakfast**
7.50 **Match of the Day** (R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England**
10.30 **Sunday Morning Live** Topical debate.
11.30 **Prayer and Reflection**
12.00PM **Bargain Hunt** Antiques search. (R)
1.00 **BBC News**
1.10 **Weather for the Week Ahead**
1.15 **Songs of Praise**
1.50 **Points of View**
2.05 FILM **Ruby Gillman, Teenage Kraken** (2023) *PREMIERE.*
3.25 **Tiddler** (R)
3.50 **Room on the Broom** Animation. (R)
4.15 **Kingdom** (R)
5.05 **BBC News**
5.15 **BBC Regional News; Weather**
5.25 **Countryfile**
6.25 **Kingdom**
7.15 **Strictly Come Dancing: The Results**
8.00 **Antiques Roadshow**
9.00 **Prisoner 951**
10.05 **BBC News; Weather**
10.30 **BBC Regional News; Weather**
10.35 **Match of the Day**
11.50 **The Graham Norton Show** (R)
12.40AM **Weather**
12.45 **BBC News**

BBC2

9.30PM **Daisy May and Charlie Cooper**

6.25AM **Prayer and Reflection** (R)
6.55 **Countryfile** (R)
7.50 **Breakfast**
9.00 **Best of Weatherman Walking**
9.30 **Landward**
10.00 **Saturday Kitchen Best Bites**
11.30 FILM **Mosquito Squadron** (1969)
1.00PM **Live Snooker: UK Championship**
6.00 **Flog It!** (R)
6.35 **Eva Longoria: Searching for Spain**
7.15 **World's Most Dangerous Roads** Journeys along some of the most perilous routes in the world. (R)
8.00 **Top Gear** (R)
9.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul fish for salmon in the Highlands. Last in the series.
9.30 **Daisy May and Charlie Cooper's NightWatch** The siblings spend the night in a bothy in the Higlands. Last in the series.
10.00 FILM **TBA**
12.25AM **Snooker: UK Championship Extra**
2.25 **Question Time** (R)
3.25 **Leonard and Hungry Paul** Last in the series. (R)
3.55 **Mary at 90: A Lifetime of Cooking** (R)

ITV1

10.55PM
Sorry, I Didn't Know

6.00AM **Ainsley's Good Mood Food** (R)
6.30 **James Martin's Spanish Adventure** (R)
7.25 FILM **Mamma Mia! Here We Go Again** (2018)
9.25 **ITV News**
9.30 **Love Your Weekend with Alan Titchmarsh**
11.30 **Fletchers' Family Farm** Rural life.
12.30PM **Talking Royals**
1.00 **ITV News; Weather**
1.15 **Be Your Own Boss**
2.20 FILM **Evan Almighty** (2007)
4.10 FILM **Jurassic World: Fallen Kingdom** (2018)
6.25 **ITV News; Weather**
6.40 **ITV Regional News; Weather**
6.55 **The Great Escapers**
8.00 **Bullseye** With guest Stephen Bunting.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec present highlights of the past 24 hours.
10.35 **ITV News; Weather**
10.55 **Sorry, I Didn't Know** With Angellica Bell, Daliso Chaponda, Suzi Ruffell and Humza Arshad.
11.30 **Heathrow: Britain's Busiest Airport** (R)
12.00AM **Shop on TV**
3.00 **Motorsport UK** (R)
3.50 **Unwind with ITV**
5.05 **Fletchers' Family Farm** Rural life. (R)

Channel 4

5.30PM
Jamie Cooks Christmas

6.20AM **Cheers** (R)
8.05 **Everybody Loves Raymond** (R)
9.00 **Frasier** (R)
10.00 **Sunday Brunch**
1.00PM **The Simpsons** (R)
1.30 **We're Going on a Bear Hunt** (R)
2.05 **Terry Pratchett's The Abominable Snow Baby** (R)
2.40 **The Tiger Who Came to Tea** (R)
3.15 **The Great New Year Bake Off** (R)
4.30 **Inside McVitie's at Christmas** (R)
5.30 **Jamie Cooks Christmas** (R)
6.00 **Jamie Cooks Christmas** (R)
6.30 **Channel 4 News**
7.00 **A Very British Hotel at Christmas** (R)
8.00 **Game of Wool: Britain's Best Knitter** The contestants must work in teams to create a textured slouchy cardigan.
9.00 **Formula 1**
11.30 FILM **Gemini Man** (2019)
1.35AM **Ramsay's Hotel Hell** In Pennsylvania. (R)
2.25 **Undercover Boss USA** (R)
3.15 **Secrets of the Middle Aisle at Christmas** (R)
4.10 **TBA**
5.00 **Kirstie and Phil's Love It or List It** (R)
5.55 **Countdown** (R)

5

9.30PM **The Best Christmas Telly Ever!**

6.00AM **Milkshake!**
9.00 **Entertainment News on 5**
9.10 **World's Most Expensive Christmas Cruise** (R)
10.00 **Christmas Cruising with Susan Calman** (R)
10.55 **Christmas Cruising with Susan Calman** (R)
11.55 FILM **Mr Miracle** (2014)
1.45PM FILM **Mrs Miracle** (2009)
3.35 FILM **Mrs Miracle Returns** (2024) *PREMIERE.*
5.25 **5 News Weekend**
5.30 **Live NFL Big Game Night** Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of a top match.
9.30 **The Best Christmas Telly Ever!** A look at what makes up the ideal festive viewing schedule. (R)
11.30 **The Best Christmas Movies... Ever** A countdown of festive favourites. (R)
1.15AM **Live Casino Show**
3.15 **Tractor World: Full Throttle** (R)
4.00 **Friends** (R)
4.45 **The Wonderful World of Chocolate** (R)
5.25 **Entertainment News on 5**
5.35 **Ben and Holly's Little Kingdom** (R)
5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **EastEnders** 7.30 **EastEnders** 8.00 **EastEnders** 8.30 **EastEnders** 9.00 **Death in Paradise Christmas Special** 10.30 FILM **Lara Croft: Tomb Raider** (2001) 12.05AM **Fake Friend: The Ticket Scammer** 1.05 **The Kim Kardashian Diamond Heist** 1.50 **Daddy Issues** 2.15 **Daddy Issues** 2.40 **Spinster** 2.55 **Fake Friend: The Ticket Scammer**

ITV2

1.50PM **I'm a Celebrity... Unpacked** 2.50 FILM **Fantastic Beasts and Where to Find Them** (2016) 5.30 FILM **The Smurfs: A Christmas Carol** (2011) 6.05 FILM **The Grinch** (2018) 7.50 FILM **Fantastic Beasts: The Crimes of Grindelwald** (2018) 10.35 **I'm a Celebrity... Unpacked** 11.40 **Family Guy** 12.05AM **Family Guy** 12.30 **American Dad!** 1.25 **G'wed**

E4

1.25PM **The Great British Bake Off** 2.50 **The Big Bang Theory** 4.20 **The Simpsons** 4.50 **The Simpsons** 5.20 **The Simpsons** 5.50 **The Simpsons** 6.15 **The Simpsons** 6.45 FILM **Bumblebee** (2018) 9.00 FILM **Mission: Impossible – Fallout** (2018) 11.55 **Gogglebox** 2.00AM **Naked Attraction** 3.00 **First Dates** 3.55 **The Goldbergs** 4.45 **Hollyoaks Omnibus**

Sky Showcase

1.00PM **The Unofficial Science of Home Alone** 2.30 FILM **12 Days of Christmas Eve** (2022) 4.30 **Rob & Romesh vs Lapland** 5.30 **Moon: Nature's Secret Force** 6.30 **A League of Their Own** 7.30 **Formula 1** 8.30 **Ted's Notebook** 9.00 **S.W.A.T** 10.00 **Revival** 11.00 **Never Mind the Buzzcocks** 12.00AM **The Force: North East** 2.00 **Road Wars** 4.00 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 5.30 **Nothing to Declare** 6.00 **Nothing to Declare** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Caught on Dashcam** 9.00 **Law & Order: Criminal Intent** 10.00 **Doc** 11.00 **Matlock** 12.00AM **Bull** 1.00 **Law & Order: Criminal Intent** 2.00 **Watson** 3.00 **Watson** 4.00 **Nothing to Declare**

MONDAY 1 December

BBC1

5.15PM
Pointless

6.00AM **Breakfast**
9.30 **Morning Live at Christmas**
10.45 **Rip Off Britain**
11.30 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **The Marvellous Miniature Workshop** *NEW SERIES.*
2.30 **Make It at Market** (R)
3.00 **Escape to the Country**
3.45 **The Bidding Room**
4.30 **Antiques Road Trip**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Panorama**
8.30 **Scam Interceptors** Documentary. (R)
9.00 **Prisoner 951** Drama based on Nazanin Zaghari-Ratcliffe's imprisonment in Iran. Last in the series.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Have I Got News for You** (R)
11.15 **The Truth About Dating Apps** (R)
12.15AM **Weather**
12.20 **BBC News**

BBC2

8PM
Only Connect

6.00AM **Antiques Road Trip** (R)
6.45 **Antiques Roadshow** Fiona Bruce presents. (R)
7.45 **Match of the Day** (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **Live Snooker: UK Championship**
5.15 **Flog It!** From Barnard Castle in Co Durham. (R)
6.00 **Richard Osman's House of Games**
6.30 **Strictly: It Takes Two** Fleur East presents.
7.00 **Global Eye** Investigations from BBC correspondents all over the world.
7.30 **Mastermind** General knowledge quiz.
8.00 **Only Connect** Victoria Coren Mitchell presents the quiz show.
8.30 **University Challenge** Academic quiz.
9.00 **Civilisations: Rise and Fall** A look at the demise of the Ptolemaic dynasty in ancient Egypt.
10.00 **Mammoth** Comedy, starring Mike Bubbins.
10.30 **Newsnight; Weather**
11.00 **Poison Water** The story of a mass poisoning of tap water in Cornwall in 1988 (R)
12.20AM **Snooker: UK Championship Extra**
2.20 **Countryfile** (R)
3.15 **Celebrity MasterChef** (R)

ITV1

5PM
The Chase

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; Weather**
2.00 **Tipping Point** (R)
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Deal or No Deal** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Soap set amid the scenery of the Yorkshire Dales.
8.00 **Coronation Street** Drama from the famous cobbled street.
9.00 **I'm a Celebrity Get Me Out of Here!** Ant and Dec take a look at highlights from the past 24 hours.
10.20 **ITV News; Weather**
10.50 **ITV Regional News; Weather**
11.05 **True Crime Presents: Murder Without Motive** Tony Blockley and his team find a perplexing murder scene. (R)
12.05AM **Shop on TV**
3.00 **Sara Davies' Christmas Craft Off** (R)
3.50 **Unwind with ITV**
5.05 **Deal or No Deal** (R)

Channel 4

4PM **Kirstie's Handmade Christmas**

6.35AM **The King of Queens** (R)
7.50 **Everybody Loves Raymond** (R)
9.10 **Frasier** (R)
11.10 **American Pickers** (R)
12.05PM **Channel 4 News**
12.10 **Chateau DIY at Christmas** (R)
1.10 **Christmas at Blenheim Palace** (R)
2.10 **Countdown** With Harry Aikines-Aryeetey.
3.00 **A Place in the Sun** South-east Spain. (R)
4.00 **Kirstie's Handmade Christmas** (R)
5.00 **The Great B&B Challenge** The second heat week begins.
6.00 **A Place in the Sun** On the Costa del Sol. (R)
7.00 **Channel 4 News**
7.55 **Stand Up to Cancer**
8.00 **Inside The World's Most Luxurious Yachts**
9.00 **Say Nothing** Drama spanning four decades in Northern Ireland.
9.55 **Gogglebox** (R)
11.00 **Celebrity Gogglebox** (R)
12.00AM **Walter Presents: Marbella**
1.05 **Ramsay's Hotel Hell** In California. (R)
1.55 **FILM The Lodge** (2019) Horror.
3.40 **Stand Up to Cancer**
3.45 **Couples Come Dine with Me** (R)
4.45 **Hollyoaks** (R)
5.55 **Countdown** (R)

5

6PM **Secrets of the Royal Palaces**

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley**
12.55PM **5 News**
1.00 **Home and Away** (R)
1.30 **FILM Three Wishes for Christmas** (2023)
3.15 **FILM How to Fall in Love by Christmas** (2023)
5.00 **5 News at 5**
6.00 **Secrets of the Royal Palaces** (R)
6.55 **5 News Update**
7.00 **Motorway Cops: Catching Britain's Speeders** (R)
7.55 **5 News Update**
8.00 **Police Interceptors**
9.00 **Traffic Cops: Drunk Driver Mayhem**
10.00 **Inside the Force** A man crashes a car into a garden wall and flees. (R)
11.05 **Police Interceptors** Documentary. (R)
12.05AM **Fare Dodgers: At War with the Law** (R)
1.00 **Live Casino Show**
3.00 **The Big Steam Adventure** (R)
3.50 **Billionaire Resorts: On Holiday with the Super Rich** (R)
4.35 **The Wonderful World of Chocolate** (R)
5.25 **Entertainment News on 5**
5.35 **Ben and Holly's Little Kingdom** (R)
5.45 **Milo** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Horrible Histories** 7.55 **The Catch Up** 8.00 **Top Gear Winter Olympics Special** 9.00 **Dating Apps: The Inside Story** 10.00 **Fake Friend: The Ticket Scammer** 11.00 **Ashley Cain: Into the Danger Zone** 12.00AM **Ashley Cain: Into the Danger Zone** 1.00 **Confessions of a Teenage Fraudster** 3.15 **The Kim Kardashian Diamond Heist**

ITV2

1.35PM **I'm a Celebrity... Unpacked** 2.35 **In for a Penny** 3.05 **The Bardsley Bunch** 4.05 **The Real Housewives of Dubai** 4.55 **The Real Housewives of Atlanta** *NEW SERIES.* 6.00 **I'm a Celebrity Get Me Out of Here!** 7.30 FILM **Fantastic Beasts: The Secrets of Dumbledore** (2022) 10.20 **I'm a Celebrity... Unpacked** 11.25 **Family Guy** 12.20AM **American Dad!**

E4

2.00PM **Young Sheldon** 3.00 **The Simpsons** 4.00 **The Big Bang Theory** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **Hollyoaks** 7.30 **The Simpsons** 8.00 **America's Next Top Model** 9.00 **Gogglebox 2022** 10.00 **First Dates** 11.05 **Naked Attraction** 12.05AM **The Big Bang Theory** 12.35 **The Big Bang Theory** 1.05 **The Simpsons** 2.05 **Young Sheldon**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Gladiators** 9.00 FILM **Transformers** (2007) 11.40 **Curb Your Enthusiasm** 12.20AM **Curb Your Enthusiasm** 1.00 **The Force: North East** 2.00 **Road Wars** 3.00 **S.W.A.T** 4.00 **NCIS: Los Angeles** 5.00 **The Force: Manchester**

Sky Witness

2.00PM **Send in the Dogs** 3.00 **Caught on Dashcam** 4.00 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Law & Order: Criminal Intent** 9.00 **Watson** 10.00 **Watson** 11.00 **The Rookie** 12.00AM **Law & Order: Criminal Intent** 1.00 **Bull** 2.00 **FBI: Most Wanted** 3.00 **The Good Doctor** 4.00 **Caught on Dashcam Christmas Specials** =

Don’t miss the DECEMBER issue

THE CUTEST KNIT EVER! RUDOLPH KIDS’ JUMPER
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PRIMA.CO.UK
DECEMBER 2025
WOW! 20% OFF* GODDIVA
KATE GARRAWAY
on Celebrity Traitors, new beginnings & special Christmas traditions
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Panto time? Oh, y

ALL-DRAG PANTOMIME, *SNOW WHITE*

Hi-ho! The Queens are taking over London's Emerald Theatre on the Embankment this Christmas for a strictly limited run of shows! The all-star cast includes Kyran Thrax (*RuPaul's Drag Race UK* season 6 winner) as the Wicked Queen, Kitty Scott-Claus (*Drag Race UK* season 3 and *Global All Stars* runner-up) as the Fairy, Kate Butch (*Drag Race UK* Season 5 contestant) and many, many more.
From 15 December to 4 January 2026.
To book, visit: booking.artstickets.co.uk/EventAvailability?WebEventId=snow-white

ELAINE C SMITH/JOHNNY MAC, *THE LITTLE MERMAID*

Join *Two Doors Down* star Elaine C Smith and the King's Theatre Glasgow's favourite funnyman Johnny Mac, as they dive to the depths of the ocean in what's being billed as an exhilarating and enchanting theatrical extravaganza. Starring in *The Little Mermaid* as she returns to the stage for the Christmas season, Elaine is often referred to as a Glasgow panto legend and earlier this year, she was honoured with an Outstanding Achievement in Pantomime award for her exceptional contribution to the genre!
From 22 November to 4 January 2026.
To book, visit: atgtickets.com/shows/the-little-mermaid-pantomime/kings-theatre-glasgow/

NIGEL HARMAN, *JACK AND THE BEANSTALK*

Fee-fi-fo-fum – if you love panto, don't miss this one! *EastEnders* and *Casualty*'s Nigel Harman stars as the villainous Fleshcreep at the Waterside Theatre in Aylesbury. Expect a jovial Jack, a feisty fairy, a silly sibling, a witty widow, a slippery servant, a cow with some beef – and a very large magical plant...
From 5 December to 4 January 2026.
To book, visit: atgtickets.com/shows/jack-and-the-beanstalk-pantomime/aylesbury-waterside-theatre/

THEATRE ROYAL

CRAIG REVEL HORWOOD, *CINDERELLA*

Strictly judge Craig leads the Theatre Royal Nottingham's panto cast as the Wicked Stepmother, in a production which promises lots of laughs, stunning sets and costumes – plus plenty of panto boos and hisses!
From 28 November to 4 January 2026.
To book, visit: trch.co.uk/whats-on/cinderella/#book

es it is!

Some of our favourite celebs are in panto this Christmas...

HELEN GEORGE, *CINDERELLA*

A dream is a wish your heart makes this festive season, with *Call The Midwife*'s Helen George starring as the Fairy Godmother at the Richmond Theatre in Surrey. Bibbidi-Bobbidi-Boo, indeed!
From 6 December 2025 to 4 January 2026.
To book, visit: atgtickets.com/shows/cinderella-pantomime/richmond-theatre/

CATHERINE TATE, *SLEEPING BEAUTY*

Wake up, London! *Sleeping Beauty* is comedian Catherine's first pantomime at the iconic Palladium theatre – she's starring as wicked fairy Carabosse. Billed as the West End's biggest Christmas show (now seen by over 1 million people), this year's Palladium panto also stars the likes of Julian Clary and Nigel Havers. And remember, whilst one small thorn can be deadly, the London Palladium is promising theatregoers 'the happiest of endings' with this 10th anniversary show.
From 6 December to 11 January 2026.
To book, visit: palladiumpantomime.com

WORDS: *DANI SOUTHWOOD*
PICTURES: *TRACEY WHITEFOOT*

Wicked's homage to Judy Garland's *The Wizard of Oz*

Did you spot these nods to the Old Hollywood classic?

The wonderful world of Oz was brought to life on the big screen in 1939 when Judy Garland transformed into Dorothy. As the girl from Kansas, Judy won hearts around the world, but the young actress also crafted a cinematic legacy that lives on today, in large part due to the stratospheric success of *Wicked*.

Being a prequel to *The Wizard of Oz*, the new films *Wicked* and *Wicked: For Good* – in cinemas this month – are naturally entwined with the first movie released over 85 years ago! The filmmakers have paid their respects to the original motion picture, from Dorothy's ruby shoes to The Wicked Witch of the West's pointed claws. Here are five Easter eggs that even the most devoted of *Wicked* fans may have missed...

The Yellow Brick Road

It's no secret that Dorothy shows up in *Wicked: For Good*, but did you know that the legendary character makes a cameo in the first film? In the opening scenes of *Wicked*, Dorothy, Scarecrow, Tin Man and the Cowardly Lion are briefly seen heading towards The Emerald City on the famous Yellow Brick Road. It's a blink and you'll miss it moment, but one that honours the fabled four as we first saw them.

Winged monkeys

In the original film, The Wicked Witch of the West commands a fierce army of henchmen, but also a troop of winged monkeys to do her bidding. The scene in which they chase Dorothy through the forest makes for very spooky viewing, just like when Elphaba and Glinda are forced to run from them in the Wizard's palace. In fact, *Wicked* provides the creatures' origin story, as Elphaba casts the spell that inadvertently causes the apes to grow wings.

The field of poppies

To save a lion cub from being experimented on, Elphaba harnesses the magical power of poppies to send her classmates – except for Fiyero – into a deep sleep. In *The Wizard of Oz*, Dorothy and her friends discover a poppy field after first laying eyes on The Emerald City, but they soon learn that the Wicked Witch has cursed it. After skipping through the field, Dorothy falls into a deep sleep and is saved by the Tin Man and Scarecrow, who are immune to the deadly flowers.

Dorothy's ruby slippers

As Glinda dances around her dorm room singing the catchy tune 'Popular', the Good Witch opens her shoe cabinet and thrusts a pair of red ruby heels into Elphaba's lap, though not before clicking the heels together – three times, to be exact. It's a beautifully subtle reference to Dorothy's iconic slippers that could magically transport her back home to Kansas after three heel clicks and those famous words, 'There's no place like home.'

● **Read more about pop's enchanting stars in our *Witches* magazine – on sale now – or order online, just search for Hearst Living Legends!**

The nails of The Wicked Witch of the West

When it comes to Hollywood costumes, the pointed hat and long nails belonging to The Wicked Witch of the West is surely one of the most recognisable of all time. So, it's no surprise that Elphaba dons the wide-brimmed black hat so synonymous with witches throughout the ages, but her long, pointed nails are a carefully chosen reference to Margaret Hamilton's 1939 performance, as explained by Cynthia Erivo herself. '[I saw] a wonderful, picture of Margaret Hamilton as the Wicked Witch,' Cynthia told Graham Norton in 2024. 'I realised that she had nails, and I didn't know that before… I looked close, and I was like, "Well, I think we have to incorporate that!"'

WORDS: LILY SHIELD-POLYZOIDES
PICTURES: GETTY IMAGES, SHUTTERSTOCK, WARNER BROS

★ LIVING LEGENDS ★

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MEET OUR TESTER

THEO MICHAELS
TV presenter and former *MasterChef* contestant Theo is passionate about good quality food! He's also an author of eight brilliant cookery books, including *Canned*, which helps transform store cupboard ingredients into delicious meals. Theo has joined *best* to put own-brand staples to the test to help you find the *best* Essentials without compromising on flavour.

PERFECT CHRISTMAS
6 ICED MINCE PIES
95/100

ICED MINCE PIES

£1.69, Aldi

An all-round delicious mince pie, crumbly shortcrust pastry, a spicy delicious filling with warming Christmas flavours and just the right amount of icing to give it a sweet kick. Happily tested this one twice to make sure!

Morrisons
RICH & FRUITY
6 ICED MINCE PIES
94/100

ICED MINCE PIES

£2, Morrisons

A close second, with crumbly pastry and a flavourful filling with plenty of Christmas spice to cut through the icing, which wasn't overpowering and made for a very enjoyable iced mince pie full of Christmas cheer!

BEST ICED MINCE PIES

Want a sweet twist on the classic Christmas treat? Theo puts these supermarket own-brand versions to the test...

6 Iced Topped
Mince Pies
by Sainsbury's
88/100

ICED MINCE PIES

£1.69, Sainsbury's

In third place, these mince pies lacked a little flavour compared to our top two spots; the mince filling wasn't powerful enough to stand its ground against the sweetness of the icing but, in saying that, you could still taste some Christmas spice which held its place in third.

M&S FOOD
6 ICED
87/100

ICED MINCE PIES

£3, M&S

The pastry was nice and crumbly, but this one seemed to have a thicker wedge of icing than the others which overpowered the whole thing and made it taste too sweet. The filling had a nice consistency and I did get a bite of dried fruit which kept it interesting, but just too sweet for a balanced mince pie.

Festive
6 ICED MINCE PIES
by ASDA
81/100

ICED MINCE PIES

£1.96, Asda

Very similar to M&S in that the pastry was crumbly and was also too heavy on the icing which, again, made every bite too sweet. Equally, the mince filling was bland, getting lost in the mixture of pastry and icing which left me feeling like these ones were made by Scrooge...

THEO SAYS

I love Christmas and these iced mince pies make for a nice alternative. You can't really warm these up with the icing on top, however, these would make a great addition to any festive picky tea.

WORDS: *THEO MICHAELS*. PICTURE: *MOWIE KAY*
PRICES CORRECT AT TIME OF GOING TO PRESS, AND ARE SUBJECT TO CHANGE

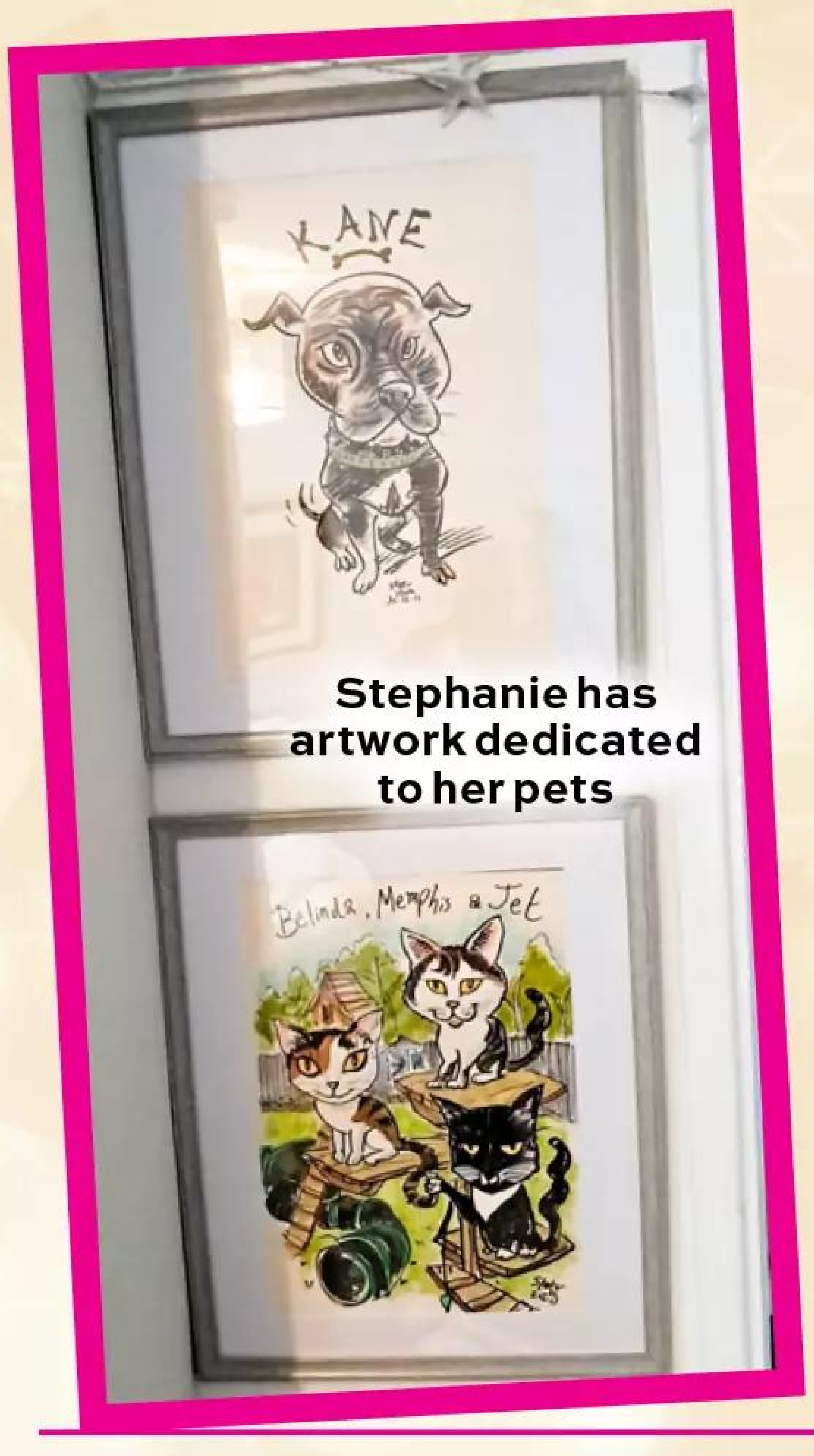
A real lifeline…

Stephanie Smith felt nobody could understand the depth of her loss when she had to say goodbye to her companion

Smiling at my beloved dog, I could see him eyeing up the Christmas presents. There was a box in the hallway especially for him, and I'd put gifts in there that people had bought him for the festive season.

'Are the presents safe, are they ok?' I'd ask Kane, and he'd bound over to check. One year, my sister bought and individually wrapped three tennis balls for him. He had lots of gifts in there and kept going to choose something to open.

Each time he chose a tennis ball. He was so disappointed – he kept trying but he kept choosing tennis balls each time. It was hilarious. You could see him thinking, 'surely this can't be another one?'



Stephanie has artwork dedicated to her pets

He was a real character. Cheeky, stubborn, loved a strawberry tart and fish and chips. He was my best pal.

I'd first met him at an animal sanctuary in February 2010. I'd been looking around a few rescue centres for a dog, but hadn't found any that I had a connection with.

Bleakholt Sanctuary near my home in Lancashire was the last place we were going to visit, just before they closed. When I saw Kane, I knew immediately. I'd found him!

He was my dog. He was a Staffie, 18 months old and before I was allowed to bring him home, I visited him every day. My ex-partner used to say to him: 'Where's your mum?' and Kane would come running to me.

Over the years, I went through many difficult times, Kane was there for me. My constant. My son, my best friend and the love of my life all rolled into one.

We travelled all over the UK, enjoying many Christmases and New Years in York and Summer camping in Scotland. Kane swam in lochs, in the sea, anywhere he could really.

As long as I had Kane by my side, I was OK.

When he was around 12, Kane was diagnosed with arthritis, but we managed it with medication and weekly swimming, massages, physio and acupuncture.

But in November 2023, Kane started showing signs of dementia. He wouldn't settle unless I took him out in the car. We started him on medication. We were going to Edinburgh for Christmas and New Year with my sister to stay in a hotel.

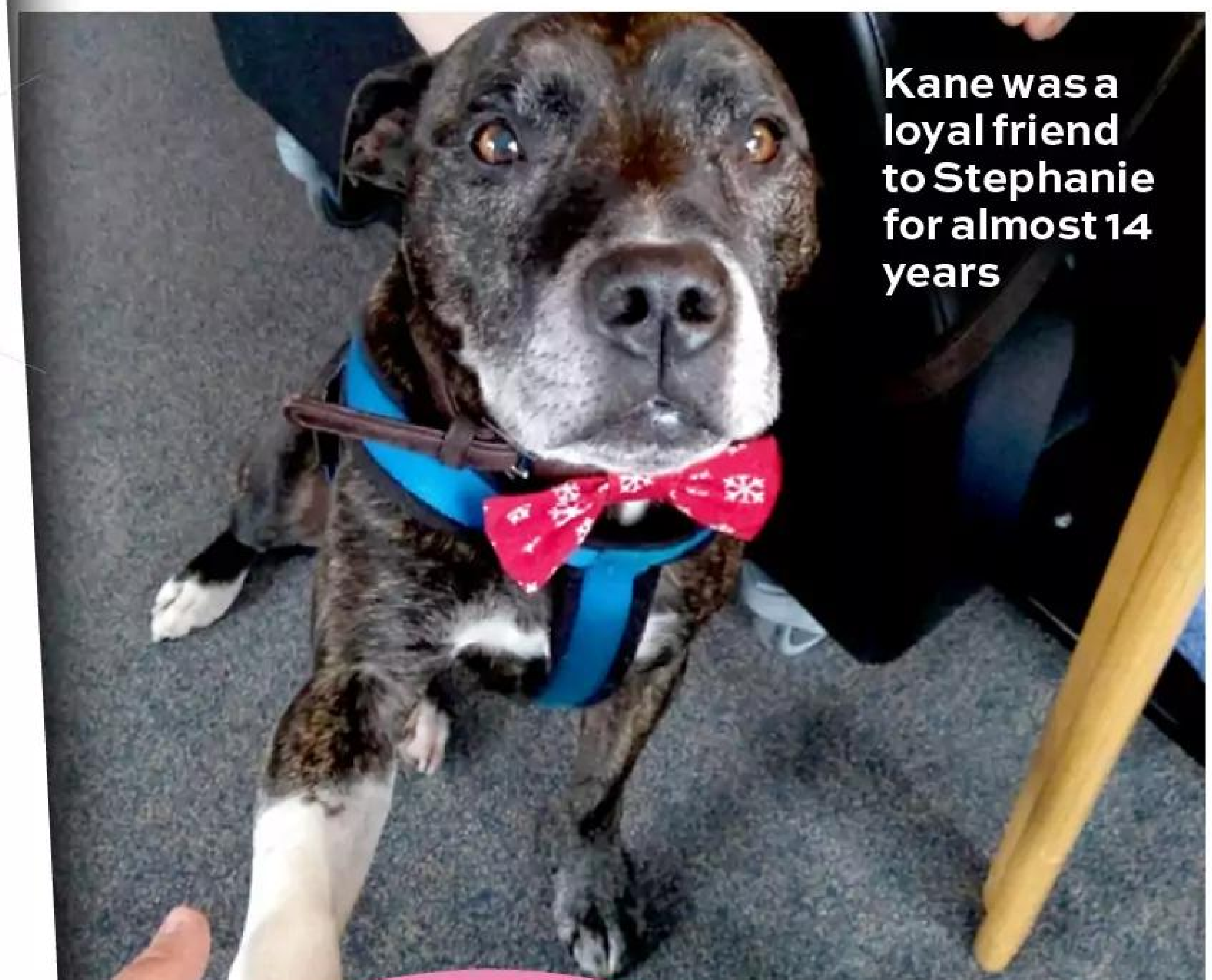
I didn't want to let her down so we went, but poor Kane wasn't happy. We left my sister in Edinburgh, and we drove home on Christmas Day.

We did have a follow-up appointment in early January, but I knew in my heart how poorly he was. He started having problems with his bowels and was struggling to eat.

My mum had been ill and Kane had sat with us in the hospice and comforted her whilst she was dying earlier in the year.

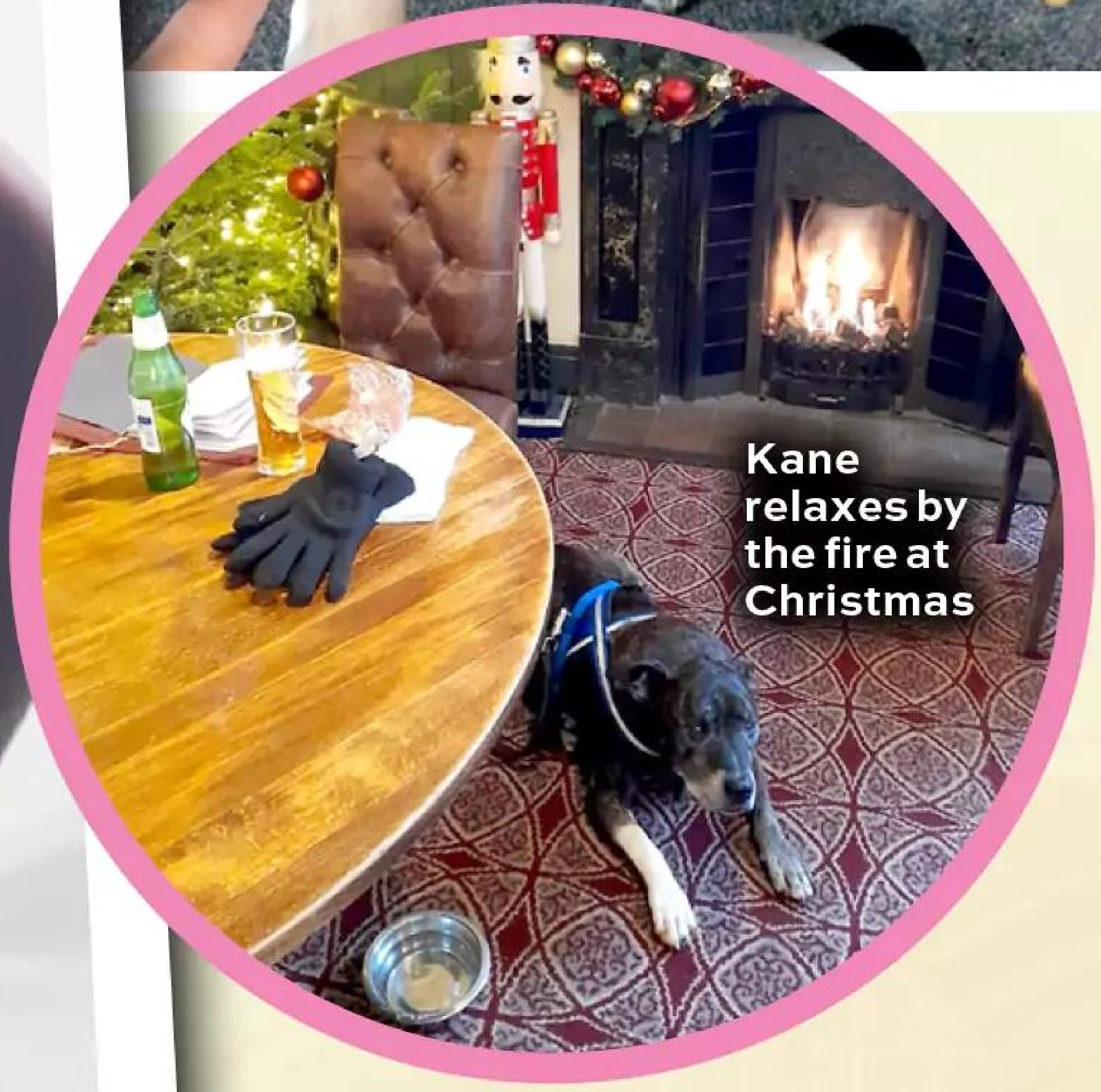
Now, my loyal boy had poor quality of life and I couldn't let him

> “AS LONG AS I HAD KANE BY MY SIDE, I WAS OK”



Kane was a loyal friend to Stephanie for almost 14 years

Stephanie and Kane on holiday together



Kane relaxes by the fire at Christmas

suffer, yet how could I let the love of my life leave me?

On 2 January, 2024, he had an appointment at the vets. I sat and held him in the back of the car while we waited, and he gave me a kiss.

The vet's verdict wasn't good. She said that even if we could make his stomach problems better, with Kane's other problems and the dementia, we'd probably be back in that position within six months.

It was the hardest decision I've ever had to make. A part of my heart broke and went with him that day.

Hannah, the vet, made Kane's death the most peaceful and pain free anyone could wish for. I lay on the floor with him in my arms and my head on his.

Afterwards, I had to try and live my life without him in it.

I had Kane's paw prints made, a clipping of his hair and had him cremated. I have a dog casket he is in on my fireplace, as when it's my turn I want to go with him to be scattered in Scotland.

Family and some friends tried to be supportive, but nobody could understand the depth of our bond and what I had lost.

I didn't think I could carry on. Some days, I just wanted to be reunited with him.

People's sympathy was starting to run out. It was then that my sister gave me the number for the Blue Cross Pet Loss Support helpline. I rang them so many times – they literally saved my life.

They understood exactly how I felt as they'd all experienced the same thing. That's why they volunteered for the service.

Whenever I was having a particularly bad time, I'd call them. They listened and I didn't feel so alone.

Eventually, I decided I'd do some fostering for a cat sanctuary, so took on two boys. I knew I'd be devastated when they left, as I'd fallen in love with them.

> “HOW COULD I LET THE LOVE OF MY LIFE LEAVE ME?”

I found another 10-month-old kitten, Belinda, at the sanctuary and decided I'd adopt her.

Only, one of the boys I was looking after became poorly and the owner signed them back to the sanctuary. In the end, I decided to adopt Belinda and the boys, Jet and Memphis.

I loved these cats. They gave me purpose – and Blue Cross no doubt saved me from the loss of Kane.

Now, at 41, I still miss him every day and although I love the cats, nobody could ever replace Kane. It's different with feline friends and even now, I'd never want another dog as I'd constantly compare them to Kane, which wouldn't be fair.

As I approach my second Christmas without him, I've found myself struggling again with depression.

So, I've been ringing the Blue Cross and they're helping me through it, along with my beautiful cats.

Blue Cross Pet Loss Support helpline is a life saver. If you're struggling with the loss of a pet, give them a call, they understand. They're real heroes to me.

● **National pet charity Blue Cross's Pet Loss Support team is available every day from 8.30am to 8.30pm, including Christmas Day, to provide free and confidential support on 0800 096 6606 or plsmail@bluecross.org.uk through any loss of a pet, either through death, enforced separation or theft. For more info, visit bluecross.org.uk/pet-loss-support**

WORDS: *LOUISE BULGIN* PICTURES: *GETTY IMAGES, BLUE CROSS*

best HEROES

Our hunt for heroes...

Do you know someone who has gone above and beyond for others? If so, we want to know about them...

From fearless firefighters who risk their lives to do their jobs, to those who raise thousands of pounds for charity, and people who have done something incredible that has turned someone else's life around, there are heroes in all walks of life.

We're looking for the ordinary men and women going to extraordinary lengths to help others. So whether you know a member of the emergency services, someone who has performed a heroic act, a selfless charity fundraiser or someone who has triumphed over the odds, we want to hear about them.

Have they gone the extra mile for charity?

Do they save lives on a daily basis?

Have they gone to great lengths to help others, like Tony Hudgell's mum?

THE *best* HEROES

These people, although they may not think it, are all heroes who have stood firm in the face of adversity. And now, *best* is launching an awards ceremony to honour the heroes in your life.

TO NOMINATE THEM

So, if you know an unsung hero, please write to us at
best Heroes c/o Features Desk, *best* magazine, Hearst, House of Hearst, 30 Panton Street, London SW1Y 4AJ
using the form below or email us at bestheroes@hearst.co.uk

Name:.. Phone number:..
Email:..
I would like to nominate:...
For this reason: ....
....
....
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PICTURES: *ALAMY, BIGSTOCK, GETTY IMAGES*

Christmas shopping can leave your bank balance looking less than festive… with the endless wish lists and panic buying, it's easy to feel more frazzled than festive. Why not follow the new "7 Gifts of Christmas" trend… It's all about giving with purpose, not panic. Instead of a mountain of presents, you stick to seven thoughtful categories: something you want, experience, wear, need, share, create or read!

1 …WANT

Check out what your granddaughter, sister, cousin etc really, *really* wants. Maybe it's a big ticket item – so rather than buying bath salts or chocolates offer to contribute to the one big thing that is on their Santa list!

2 …EXPERIENCE

Experience gifts really can bring joy that money can't buy – and it doesn't have to be an airline ticket around the world. More modest gifts count for so much – cinema tickets, a walk in the park where you promise to provide the picnic, or a trip to the garden centre with a tea and scone thrown in? You could look out for special offers to local events. A panto, a local historical walk, gin tasting – there are so many options and you'll remember them for years to come.

POP CORN
TICKET

The 7 Gifts of Christmas: A savvy way to save (without skimping on joy)

3 …TO WEAR

Check out Vinted for reasonably priced new or barely-used goods. Or, if you want to give luxury, you could opt for cashmere (Uniqlo is famous for its reasonably priced jumpers). Maybe that's out of the budget? Instead, opt for a cashmere scarf or socks!

4 …NEED

OK, this sounds a bit practical, but buying a cook a new garlic press, or a child a fully-packed pencil case, or a busy mum a thermal cup for coffee on the go, is a gift that won't be left languishing in a drawer. Practical presents get used – and that means your loved one thinks about you every time they reach for them.

5 …CREATIVITY

Does one of your loved ones have a hobby? Or do they regularly voice a yearning to learn how to knit, cook or paint? Maybe you could offer to share *your* creativity? A knitting pattern, some wool and the promise to help bring the creation to life offers hours of fun together and a new jumper, so it's win-win!

6 …SHARE

How about pooling all the money you'd spend on your family and buying one present that everyone will get pleasure from? If you live close enough, maybe you could share a portable outdoor pizza oven that you fire up every time you visit each others' homes? Or maybe you offer to buy the wine for an event for everyone? It could be a more budget option like a special edition board game (you can often get Monopoly boards that are tailored to local towns) that you buy and start a tournament!

7 …READ

The gift of a book can be like opening up the universe. It could be a travel book to transport your loved one to faraway lands, a cookery book for the foodies, or maybe it's a thriller. A good page-turner means you're giving the gift of entertainment and pleasure!

WORDS: NICOLA DAWSON PICTURES: GETTY IMAGES

Now our boy will

Charlie Cosser was just 17 when he died

When Tara and Martin Cosser's son was attacked at a party, they shared their pain and grief on social media...

'Every morning, I pick up my phone, I send Charlie a message, it's a blue heart, love you, blue heart,' Tara Cosser says. Only Charlie will never receive the message. The 17-year-old – the heart of the Cosser family – was killed at an end-of-term party in July 2023.

His story is being shared in ITVX's second series of *TikTok: Murder Gone Viral* and the family's raw pain and grief is evident.

'Kind-hearted, charismatic, funny, caring... just a beautiful son in every way, Charlie was,' his dad Martin says in the programme.

The teenager was Tara and Martin's middle child, and brother to Adam and little sister, Eloise. A talented footballer, he looked out for people and made them feel like they'd known him for years on their first meeting.

He'd secured an apprenticeship as a groundsman at private Charterhouse School and was looking forward to his first-ever lads' holiday to Zante. Always smiling, even when he was a baby, the family had nicknamed him 'Cheeks.'

In July 2023, Charlie had heard about an end-of-term party at a farmhouse in Warnham, Sussex. It was for over 18s but he was keen to go, and it was supposed to be a private party. Tara and Martin were happier about Charlie going there than for a night out in nearby Guildford.

He'd gone with his friends and there was a local DJ and over 100 people at the party. Only, in the early hours, the police had hammered on the Cosser's front door.

Police informed the family that Charlie had been stabbed and they needed to get to the Royal Sussex County Hospital in Brighton as soon as possible. Martin contacted his eldest son, telling him to meet them at the hospital. Officers drove Tara, Martin and Eloise, but on the way, Charlie had gone into cardiac arrest in the back of an ambulance.

Paramedics had to crack open his chest to try and stem the bleeding from a punctured aorta.

Charlie was taken to ICU and finally, his family were allowed to see him. 'What we were greeted with, no one should ever have to see...no parent should have to see that, no brother, no sister,' Adam says in the programme.

Charlie was attached to tubes and wires and needed surgery – doctors weren't sure he'd survive. The family kept vigil at his bedside, friends came to the hospital to support them but devastatingly, two days later, nothing more could be done for the teenager. His life support machine was turned off.

'I can't really describe how it feels to basically watch your brother die,' Eloise says in the episode. 'I put my head on his chest and was listening to his heartbeat.' She held his pinkie finger as that was something they'd always done.

It must have been utterly heartbreaking for Charlie's family, and Martin made his

> **“CHARLIE WAS ALWAYS SMILING – HIS FAMILY CALLED HIM 'CHEEKS'”**

never turn 18

The Cosser family are heartbroken

Charlie's parents Martin and Tara

Yura Varybrus was convicted of Charlie's murder

son an important promise there and then. 'I would spend the rest of my life educating people about the dangers and immeasurable impacts of knife crime,' he says.

The raw pain and grief he was feeling were evident when Martin started sharing videos on his TikTok account explaining what'd happened. It seemed to be his way of trying to process the grief, trying to feel closer to his son and keep his memory alive.

His emotional clips were desperately moving and garnered the family supporters around the world, which perhaps gave them some comfort. It's not surprising that the videos soon went viral.

Meanwhile, the police had been investigating the incident and arrested 16-year-old Yura Varybrus on suspicion of attempted murder, but he was rearrested on murder charges when Charlie died.

Initially he entered a guilty plea, but was granted permission to change it, so it went to trial. Martin continued to share what he could on social media and on day one of the trial, family and friends arrived wearing blue hoodies, adorned with Charlie's face and '17 Cheeks' on the back.

However, they were asked to remove them so nothing could prejudice the trial at Brighton Crown Court. The jury heard that a girl had complained Yura was 'creeping her out' and making unwanted advances at her. Wanting to protect her, Charlie and a friend approached Yura and asked him to leave.

Two separate fights had broken out on the dancefloor at the party and Yura, who was carrying a knife, stabbed Charlie three times in the chest. Charlie managed to get himself out of the marquee, before he collapsed. When paramedics arrived, he was able to say his name and give the details of his parents.

Yura supposedly said five or six times: 'I've stabbed someone,' and was believed to have called out 'get the shank out' moments before the devastating incident. The knife was never found.

Afterwards, he'd got a lift from a friend's mum, going to her house where he burned his blood-soaked clothes in a firepit. He later went and had a meal at a Toby Carvery with his family before being taken to a police station by his mum, according to the show.

> “WHILE THERE'S AIR IN MY LUNGS, I'LL TELL THE STORY OF MY LITTLE BOY”

For the Cosser family, those details were harrowing. While Charlie had been fighting for his life, Eloise said Yura's behaviour was 'disgusting'. Martin also commented on his lack of remorse.

Yura Varybrus, then 17, was found guilty of murder and having a bladed article and was sentenced to life in prison with a minimum of 16 years. Judge Christine Henderson KC said: 'The impact of the loss of Charlie to his family and friends is immeasurable.'

Martin shared the news on social media and since then, the family have continued to send messages to the son they so desperately miss and leave their bathroom light on at night, as they had done when Charlie was out in the evenings.

They've also set up a charity – Charlie's Promise – to educate young people on the dangers and impact knife crime can have. Martin regularly speaks in schools, youth clubs and more, keeping the promise he made to his second-born son on his death bed.

'While there's air in my lungs, I'll continue to tell the story of my little boy and how incredible he was, and make a difference in this country to prevent other families like ours going through this misery,' he says on the programme. We certainly hope he succeeds.

● ***TikTok: Murder Gone Viral*** **is available on ITVX now**

WORDS: *LOUISE BULGIN* PICTURES: *ITV, PA IMAGES*

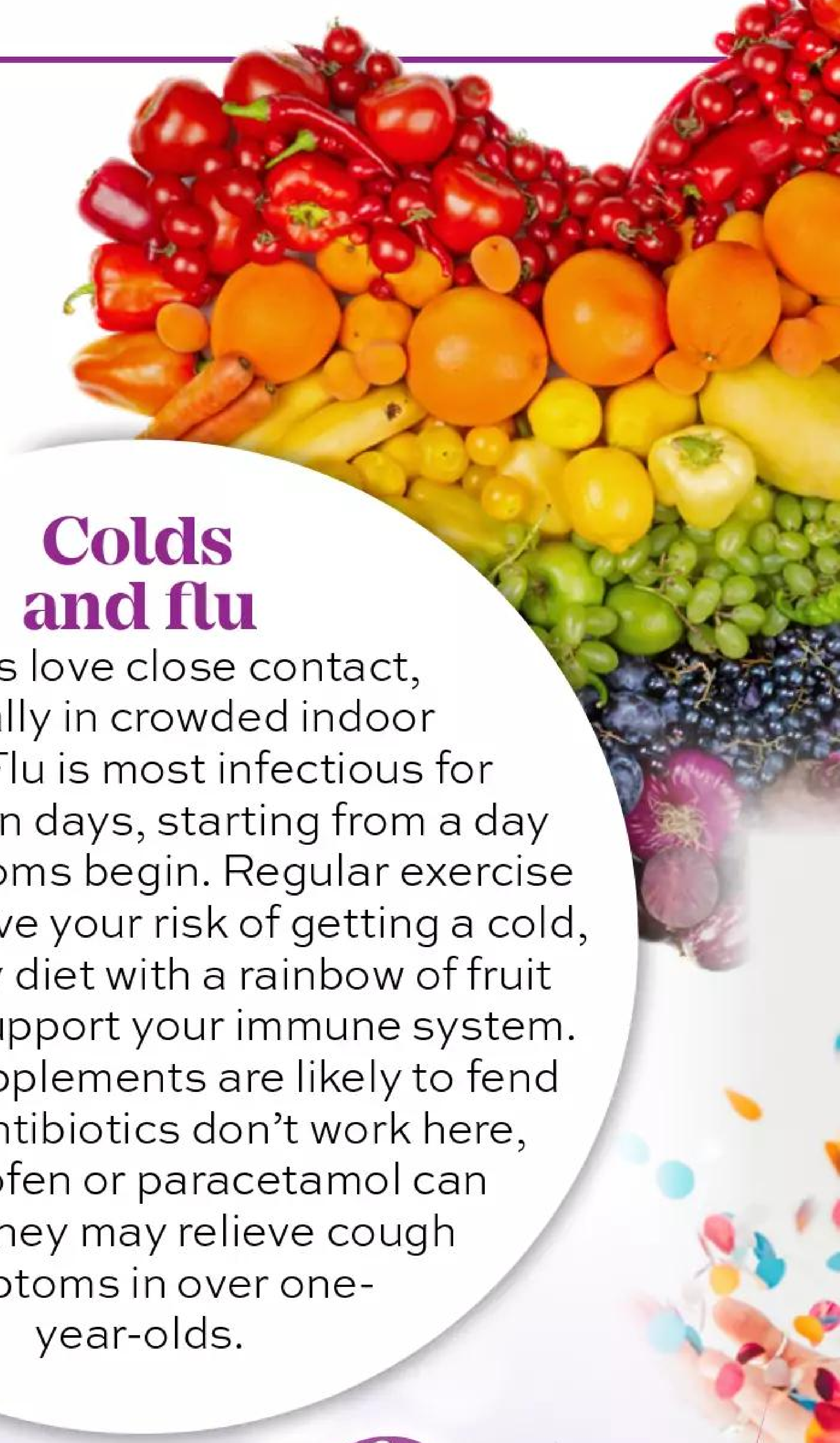
8 gripes of Christmas

Avoid these common festive ailments...

1

Trouble sleeping

Stress is one of the biggest culprits of poor sleep. Make your sleep environment as cosy as possible, even when you stay away from home, with a comfy pillow and some soothing lavender oil. Try to stick to a routine: going to bed and getting up at the same time every day can reset your body clock. Remember, alcohol may help you get to sleep, but it deprives you of regenerative REM (rapid eye movement) sleep and leaves you waking early, needing the loo.



2

Colds and flu

Viruses love close contact, especially in crowded indoor settings. Flu is most infectious for three to seven days, starting from a day before symptoms begin. Regular exercise can almost halve your risk of getting a cold, and a healthy diet with a rainbow of fruit and veg will support your immune system. Vitamin D supplements are likely to fend off colds. Antibiotics don't work here, but ibuprofen or paracetamol can help. Honey may relieve cough symptoms in over one-year-olds.

5

Feeling shivery

Around one in 20 adults has Raynaud's, which leads to painful cold fingers and toes in cold weather. Caffeine could trigger your symptoms. If so, switch to decaf coffee and tea. Regular exercise can also keep symptoms at bay, and keep hats, gloves and socks on a radiator, so they're warm when you put them on. Your GP may be able to help further.

6

Back pain

Low-back pain troubles four in five of us and sitting hunched over to wrap presents can make it worse. If you're working at a desk up to Christmas, adjust your chair (knees in line with hips, back supported, feet flat on the floor), desk (elbow height) and computer screen (straight ahead with screen at eye level) to provide support. Take regular breaks to stand up and stretch. Don't skip regular exercise – if you have pain, keep as active as possible and use topical anti-inflammatory cream or gel.

3

Festive stress

It should be a time to relax and celebrate, but many feel burned out by preparations. Remember: there's no rule that says you must wait on your guests hand and foot. If preparing a show-house worthy home leaves you frazzled, don't do it! If you're the hostess, you really are in control. Plan and cook/freeze ahead if possible. If one family member makes you tense, have a seating plan that keeps them away from you. If you're going elsewhere, limit the invitations. Don't feel guilty – your mental wellbeing is more important.

4

Migraine

Many triggers are more common at Christmas – caffeine (or even caffeine withdrawal), skipped meals, stress, late nights, bright lights, strong smells, chocolate, red wine, blue cheese. Knowing – and attempting to avoid – your personal triggers is key. Keep a supply of fast-acting pain relief (paracetamol and ibuprofen work for some). Always check with your pharmacist.

7

Constipation

Many complain of constipation when the holidays come around, thanks to changes in diet and exercise habits. Reduce constipation by having plenty of insoluble fibre – simply swap 'white' versions of carbohydrates to wholegrain versions. But if you're prone to bloating, soluble fibre, such as avocado and oats, can be easier to digest. Keep your fluid intake up and keep exercising.

8

Kitchen burns

Hot fat, boiling water and fire-causing candles are common culprits. Treat burns by holding under cool running water for at least 20 minutes. Remove jewellery and clothing around the burn (unless stuck to it) before swelling starts, don't apply ice or creams and don't break blisters. Seek urgent medical help for electrical burns, if a burn is bigger than the persons hand, is on their head and neck, genitals or joints.

WORDS: HEARST PICTURES: *GETTY IMAGES*

SEE YOUR GP BEFORE MAKING ANY CHANGES TO YOUR DIET OR LIFESTYLE

1 to give away

Win!

A £400 VOUCHER TO SPEND WITH DAISH'S HOLIDAYS

Win a £400 holiday voucher with Daish's Holidays, a family-owned UK coach holiday specialist. One lucky winner will enjoy a relaxing getaway at one of Daish's charming hotels, set in 10 popular destinations across England and Wales. Think golden beaches, picturesque seaside towns, and welcoming accommodation. With half-board dining, evening entertainment, and the warm hospitality that defines Daish's, every detail is designed to make a stay unforgettable. For added convenience, the winner can choose to travel by one of Daish's own comfortable coaches from a pick-up point across England or take the self-drive option. For more info on Daish's Holidays, visit: daishs.com. To enter, see right.

HOW TO ENTER

ONLINE: Enter online at hearstmagazines.co.uk/best4725 by 16 December 2025.

T&Cs: Winner will be selected at random from entries received online. We will use the information you provide to process your entry. For our privacy notice, please see www.hearst.co.uk/privacy-notice. For full terms and conditions, see below.

***TERMS & CONDITIONS:** Open to UK residents aged 18 and over. To enter visit hearstmagazines.co.uk/best4725 by midnight on 16 December 2025. Entries in the incorrect format will not be considered. This competition opens on 18 November 2025 and closes on 16 December 2025. Entries received before the opening date and after the closing date will not be considered. The prize is a £400 voucher to spend on a short break away for two, sharing a standard double/twin room, at one of Daish's hotels. Half board and entertainment included. Coach travel optional. Voucher must be redeemed within a year of the issue date. Excludes Christmas and New Year breaks. Prize is non-transferable and cannot be exchanged for cash. One winner will be randomly selected from the entries received. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. This competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winners will be contacted personally using the contact details provided upon entry. Winners will be notified once selected. Winner will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped addressed envelope to House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph, for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned / withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred, although Hearst Magazines reserves the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the information you supply to process your competition entry. For our privacy notice, visit hearst.co.uk/privacy-notice. Hearst Magazines reserves the right to (i) cancel and/or withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under or in connection with these Terms.

Dupe of the week!

Time to glow all out - your cheekbones will thank you.

REVOLUTION PRO
GLOW EDIT
CREAM HIGHLIGHT
ABLAZE
REVOLUTION PRO
HYDRA BRIGHT
CREAM BLUSH
FARD À JOUES
PINK
REVOLUTION PRO
GLOW EDIT
CREAM CONTOUR & BRONZE
MEDIUM

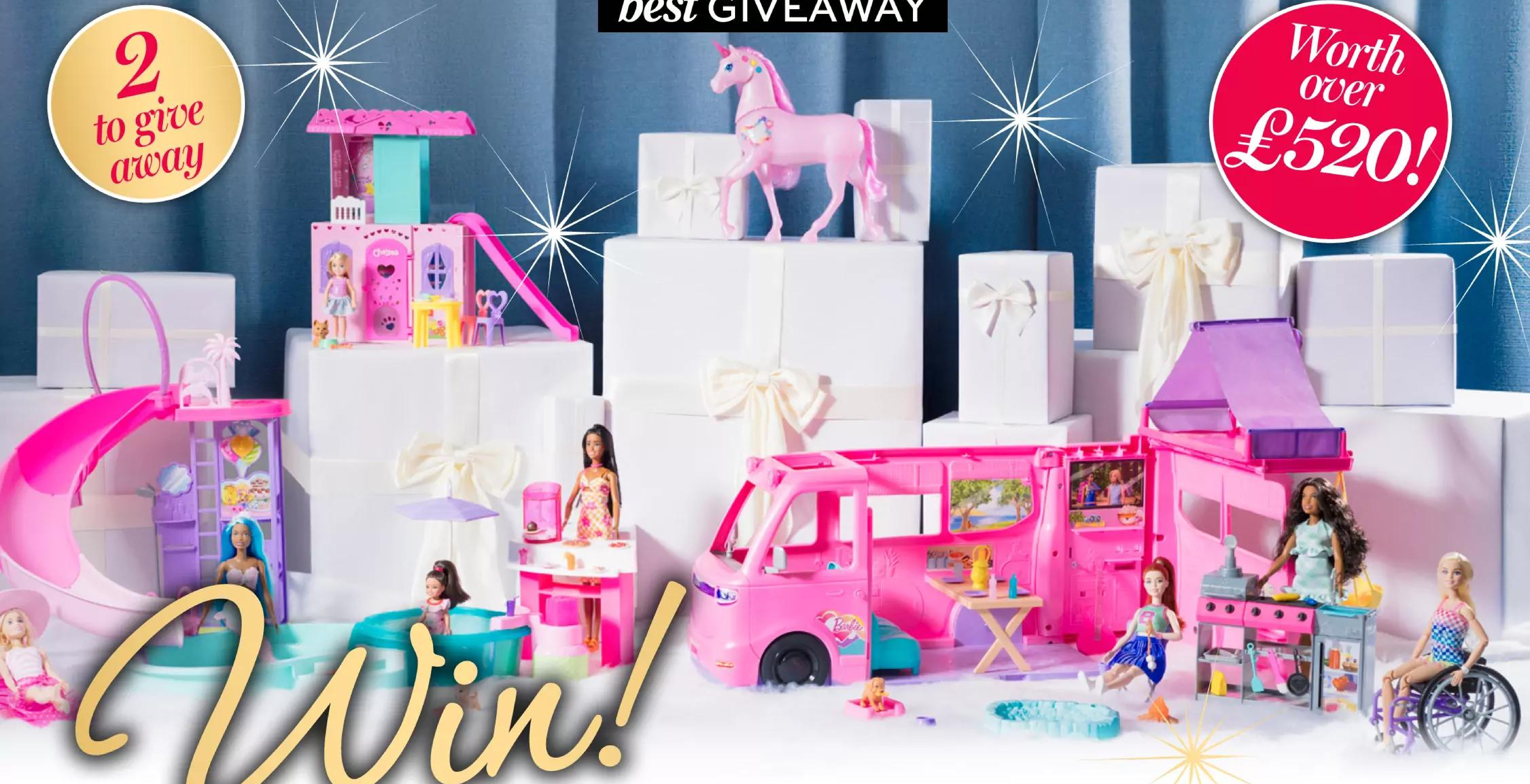
Revolution Pro Cream Face Wand Trio, Revolution Beauty
£18

Beauty Light Wand & Hollywood Contour Kit, Charlotte Tilbury
£81

Hollywood
BEAUTY LIGHT WAND

Ready, set, sculpt - because glowing cheekbones wait for no one. **Charlotte Tilbury's Beauty Light Wand & Hollywood Contour Kit** is the red-carpet favourite, delivering creamy, blendable definition and that effortless, lit-from-within glow. For a purse-friendly alternative, **Revolution Pro's Cream Face Wand Trio** (currently on sale at an even lower price of **£5.40** in select shades) has you covered with contour, blush, and highlight all in one. Easy to use, easy to blend, and seriously easy on the purse strings. Both deliver next-level radiance - proof that flawless sculpting comes in more than one price range and glow this good never plays favourites.

WORDS: *RACHEL COPE*



Win!

THE ULTIMATE BARBIE CHRISTMAS BUNDLE

Step into Barbie's holiday dreamland with the Ultimate Barbie Christmas Bundle, where fashion, friendship, and festive fun come together in a world of endless imagination. From sparkling adventures to magical make-believe, it's everything you need to make this holiday truly unforgettable. Take the wheel in the Barbie Dream Camper™, make a splash with the Barbie Dream Pool™, or dive into underwater wonders with the Barbie Flower Magic Mermaid™. Create cosy moments with Chelsea's Pop-Up House™ and the Barbie® Skipper Babysitters Playset™, light up playtime with the Barbie Sparkle Lights Unicorn™, and share double the joy with the Barbie Twinning Looks™ Doll and Puppy Pool Party™. Kids can also explore caring fun with the Barbie Fast Cast Veterinarian Clinic Playset™, enjoy sweet storytelling with the Barbie Cotton Candy & Game Playset & Doll™, and style endless looks with the Barbie Deluxe Styling Head™. For more holiday adventures, hit the road in the Barbie Convertible Doll Car™ or gallop into fun with Chelsea and her Horse Toy Set™. Each toy inspires storytelling, laughter, and endless play, making this the perfect way to bring home the sparkle of the season. For more info, visit: shopping.mattel.com. To enter, see right.

HOW TO ENTER

ONLINE:

Enter online at hearstmagazines.co.uk/best4725b by 16 December 2025.

T&Cs: Winners will be selected at random from entries received online. We will use the information you provide to process your entry. For our privacy notice, please see www.hearst.co.uk/privacy-notice. For full terms and conditions, see below.

***TERMS & CONDITIONS:** Open to UK residents aged 18 and over. To enter visit hearstmagazines.co.uk/best4725b by midnight on 16 December 2025. Entries in the incorrect format will not be considered. This competition opens on 18 November 2025 and closes on 16 December 2025. Entries received before the opening date and after the closing date will not be considered. The prize is the Ultimate Barbie Christmas Bundle, worth £524.86. The prize bundle consists of: Barbie® Dream Camper Vehicle Playset (£119.99), Barbie® Sparkle Lights Unicorn (£29.99), Barbie® Club Chelsea™ Pop-Up House (£39.99), Barbie® Dream Pool™ Playset (£55.99), Barbie® Flower Magic Mermaid™ (£22.99), Barbie® Twinning Looks™ Doll and Accessories (£24.99), Barbie® Puppy Pool Party (£22.99), Barbie® Deluxe Style™ Doll (£19.99), Barbie ® Fast Cast Veterinarian Clinic Playset (£34.99), Barbie ® Cotton Candy & Game Playset & Doll (£29.99), Barbie ® Styling Head (£42.99), Barbie ® Convertible Doll Car (£27.99), Barbie ® Chelsea Doll & Horse Toy Set (£21.99) and Barbie® Skipper Babysitters Playset™ (£29.99). If products are unavailable, Mattel will replace them with items of equal value at their discretion. Two winners will be randomly selected from the entries received. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. This competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winners will be contacted personally using the contact details provided upon entry. Winners will be notified once selected. Winners will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped addressed envelope to House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph, for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned / withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred although Hearst Magazines reserves the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the information you supply to process your competition entry. For our privacy notice visit hearst.co.uk/privacy-notice. Hearst Magazines reserves the right to (i) cancel and/or withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under or in connection with these Terms.

The birthday belles!

American superstars Bette Midler and Goldie Hawn are reflecting on their 80th birthdays, just weeks after losing their *The First Wives Club* co-star Diane Keaton

Goldie Hawn and Bette Midler are about to turn 80

The trio in *The First Wives Club*

Goldie with Diane Keaton in 2005

WORDS: DANIELLE SOUTHWOOD PICTURES: GETTY IMAGES

'I'm no longer a Spring chicken. I'm no longer a Summer chicken. I'm not even a Fall chicken. I'm an endangered chicken at this point.'

Those are the exact words spoken by the legend that is Bette Midler at the recent 'Hulaween' gala in New York, regarding turning the big eight-oh on 1 December... yes, really!

The *Hocus Pocus* actress added, 'You know, when you're old, you remember the old things better than you remember yesterday. You don't remember what you ate yesterday, but you remember what it felt like to dig in a filthy park and to remove debris and to be amongst people who were like-minded. You really remember that.'

Bette heartbreakingly lost her pal and *The First Wives Club* co-star Diane Keaton, who she called 'brilliant, beautiful and extraordinary' just weeks ago, at the age of 79 from pneumonia.

The pair starred alongside Goldie Hawn, who will also be celebrating her 80th on the 21 November!

Speaking previously regarding ageing, the mother of Kate Hudson poignantly stated, 'There is no turning back the clock. So the question in life becomes: What are you going to do while you're here?'

Well, both Goldie and Bette have certainly done plenty – and it seems like they're living life in the words of their late friend Diane from 2012.

'I never understood the idea that you're supposed to mellow as you get older. Slowing down isn't something I relate to at all. The goal is to continue in good and bad, all of it. To continue to express myself, particularly. To feel the world. To explore. To be with people. To take things far. To risk. To love. I just want to know more and see more.'

> **'I'm no longer a Spring chicken!'**

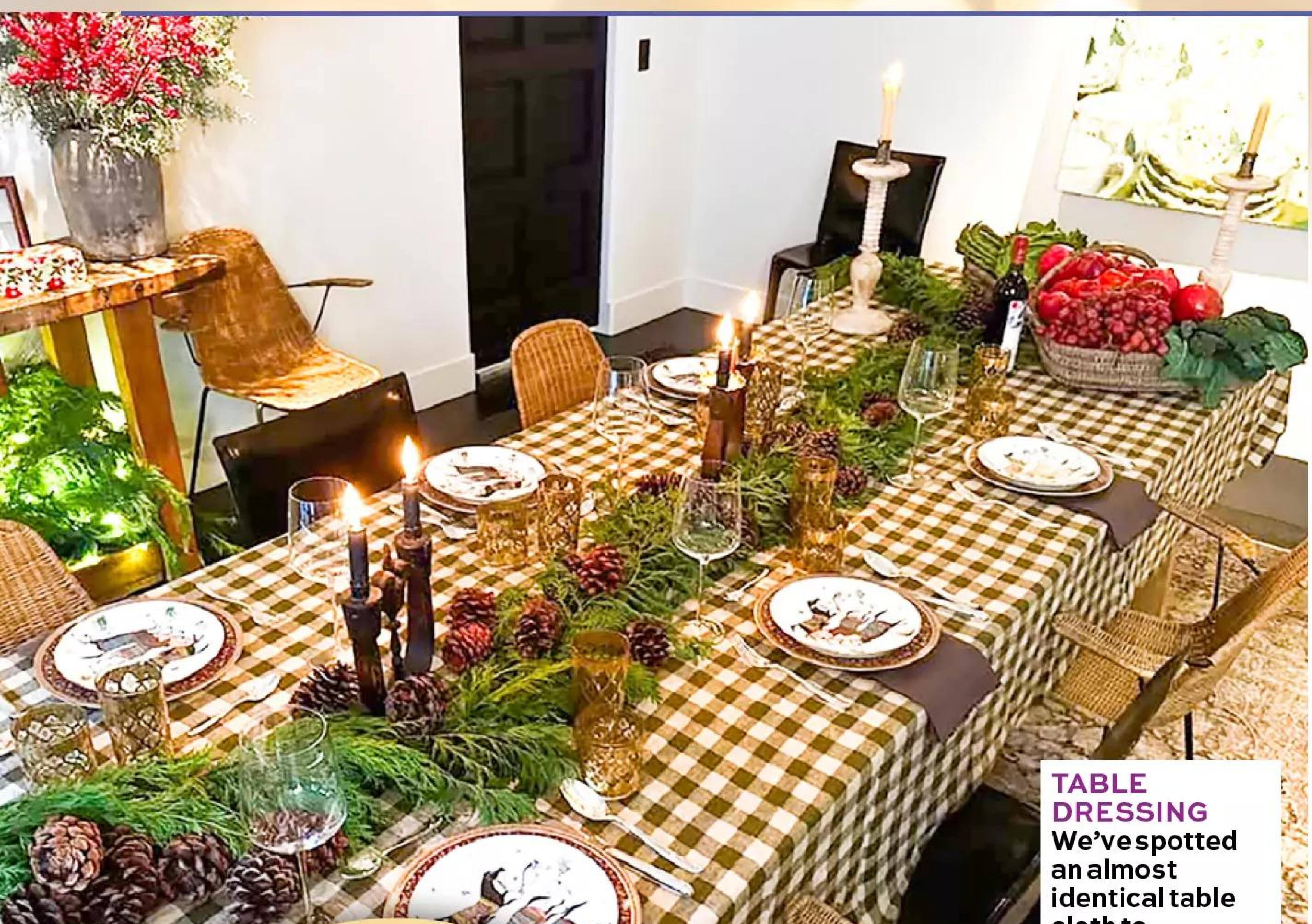
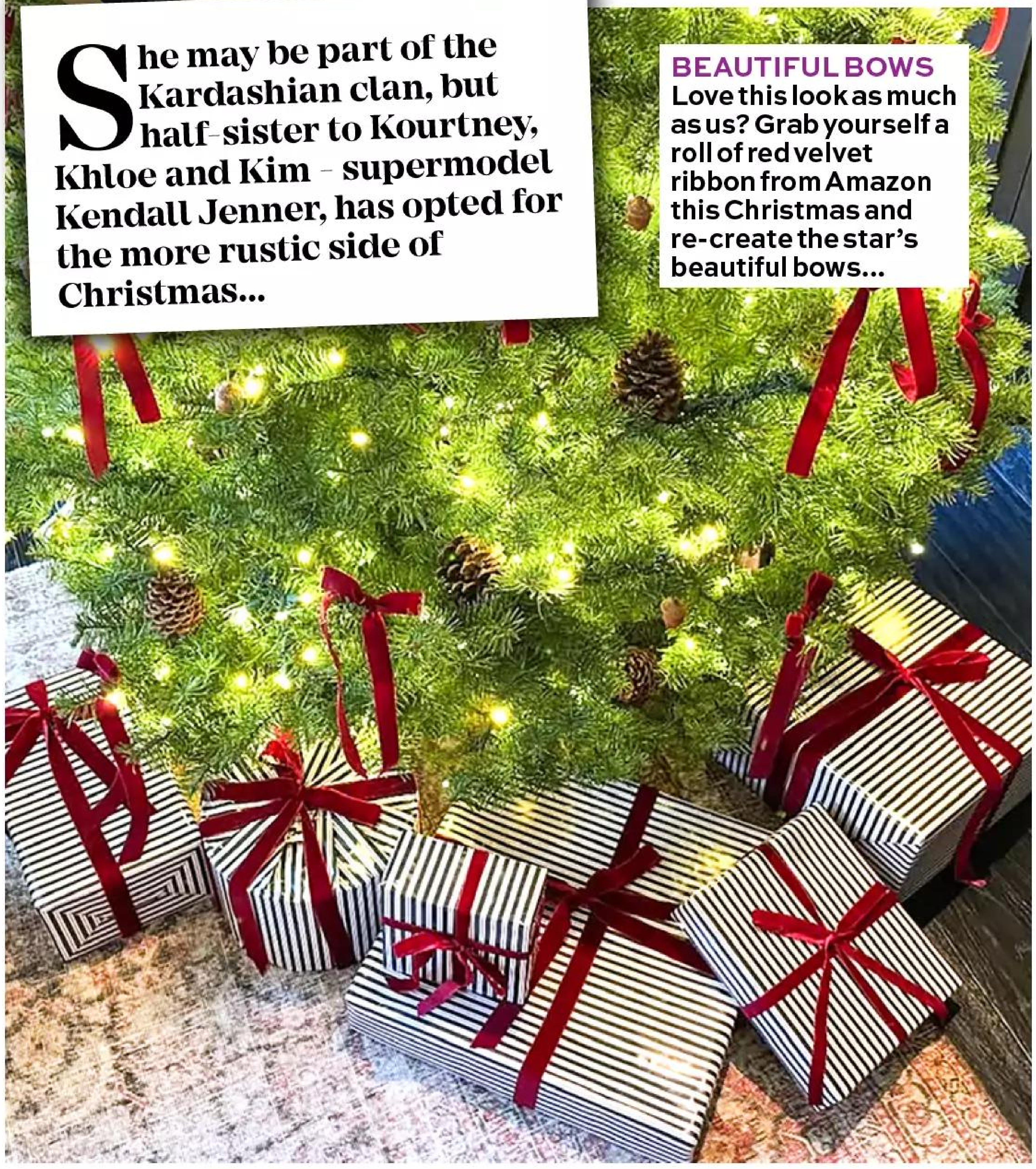


TABLE DRESSING We've spotted an almost identical table cloth to Kendall's on Temu for just £3.96! Just type in Autumn Rectangular Thanksgiving Plaid Tablecloth.

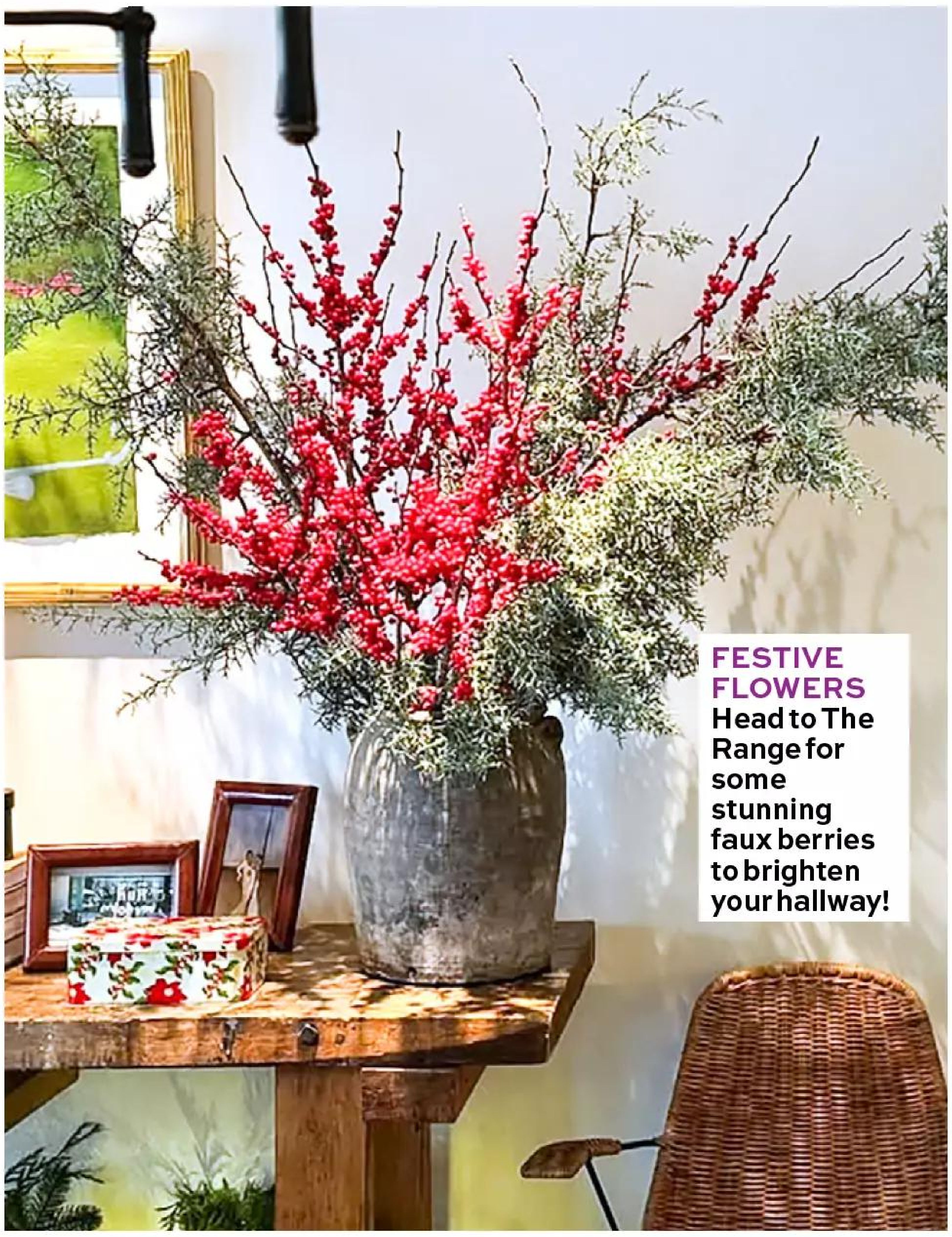
FIRESIDE If you're not dressed to the nines and sat by the fire this season, you're not doing Christmas properly! For vintage style Christmas stockings, see the Vintage Tapestry Christmas Collection on etsy.com for £16.74.

AT HOME

She may be part of the Kardashian clan, but half-sister to Kourtney, Khloe and Kim – supermodel Kendall Jenner, has opted for the more rustic side of Christmas...

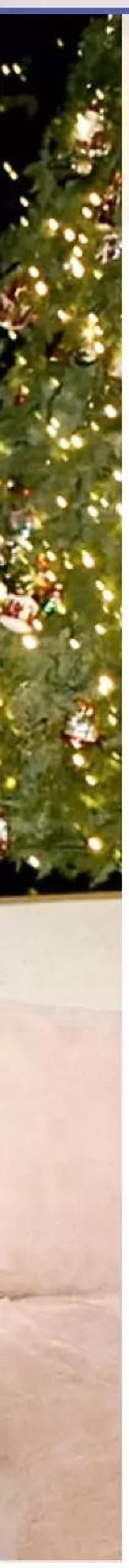


BEAUTIFUL BOWS Love this look as much as us? Grab yourself a roll of red velvet ribbon from Amazon this Christmas and re-create the star's beautiful bows...



FESTIVE FLOWERS Head to The Range for some stunning faux berries to brighten your hallway!

WORDS: DANIELLE SOUTHWOOD PICTURES: GETTY IMAGES, INSTAGRAM/KENDALLJENNER



COLOURFUL CHRISTMAS
Outdoor multi-colour lights are always a winner in our eyes!

MERRY AND BRIGHT
What a tree! Stunning and stylish, just like Kendall.

WITH...
Kendall Jenner

Take a look at this beautiful Beverley Hills home...

FOR THE GUESTS
You can't go wrong with filling the house with food this Christmas! Apple and cinnamon pie, anyone?

GOREGOUS GARLAND
Wayfair.co.uk sell lots of outdoor garland's with built in lights, just like Kendall's.

Berry brig

Add interest to your garden with Winter berries

CRAB APPLE

If there's space for just one tree in your garden, the crab apple is a great choice and Malus x robusta 'Red Sentinel' is one of the best. In Spring, a myriad of deep pink buds open to a snowstorm of scented white blooms, followed by a heavy crop of scarlet fruits that hang like rich glossy red cherries. These have the bonus of remaining on the tree long after leaf fall, and can look spectacular in snow.

HOLLY

All aquifolium hollies are prickly (the translation is 'sharp-leaved'!), and the 'Alaska' is no exception. Small white flowers are followed by vibrant red berries in Autumn. For something less prickly, the variegated, red-berried 'Golden King' is generally smooth-leaved. Japanese holly, however, is thornless, compact and bears black berries.

HAWTHORN

'Prunifolia' is a fine medium-sized hawthorn tree with rich red berries and bright Autumn foliage. The berries and leaves drop early, but its spreading shape remains eye-catching throughout Winter. Bear in mind the 'thorn' part of the name! In contrast, the 'Big Golden Star' is almost thornless and bears fruit nearly as large as crab apples, lasting well into Winter.

ROSE

The red hips of the rosa glauca, popular with birds, contrast beautifully with its blue-green foliage and last into Winter. In Summer, this delicate rose bears small pink flowers on its arching and nearly thornless stems. It's a good choice for the back of a mixed border or an informal hedge, as its the sturdier and thornier Rosa rugosa, whose larger hips attract blackbirds and thrushes. Different varieties bear yellow or orange flowers in Spring.

and ht!

ROWAN

Berries of the rowan or mountain ash range from white to pink, orange, red and brown, all of which persist after leaf fall and are popular with birds. If you want white, opt for the sorbus koehneana, which has leaves that turn plum-purple before they drop. The best of the pinks is the 'Pink Pagoda', while the butter-yellow-berries 'Joseph Rock' has lovely Autumn colour.

IVY

They may not be particularly showy but they're a valuable Winter food for birds. According to the RSPB website, the dry pith of the berries – ripening from November to January – contains nearly as many calories as a Mars bar. In Spring, the flowers on mature plants are an essential source of food for insects, and the evergreen foliage provides shelter and nesting sites for birds.

Helen grows... gardening advent calendars

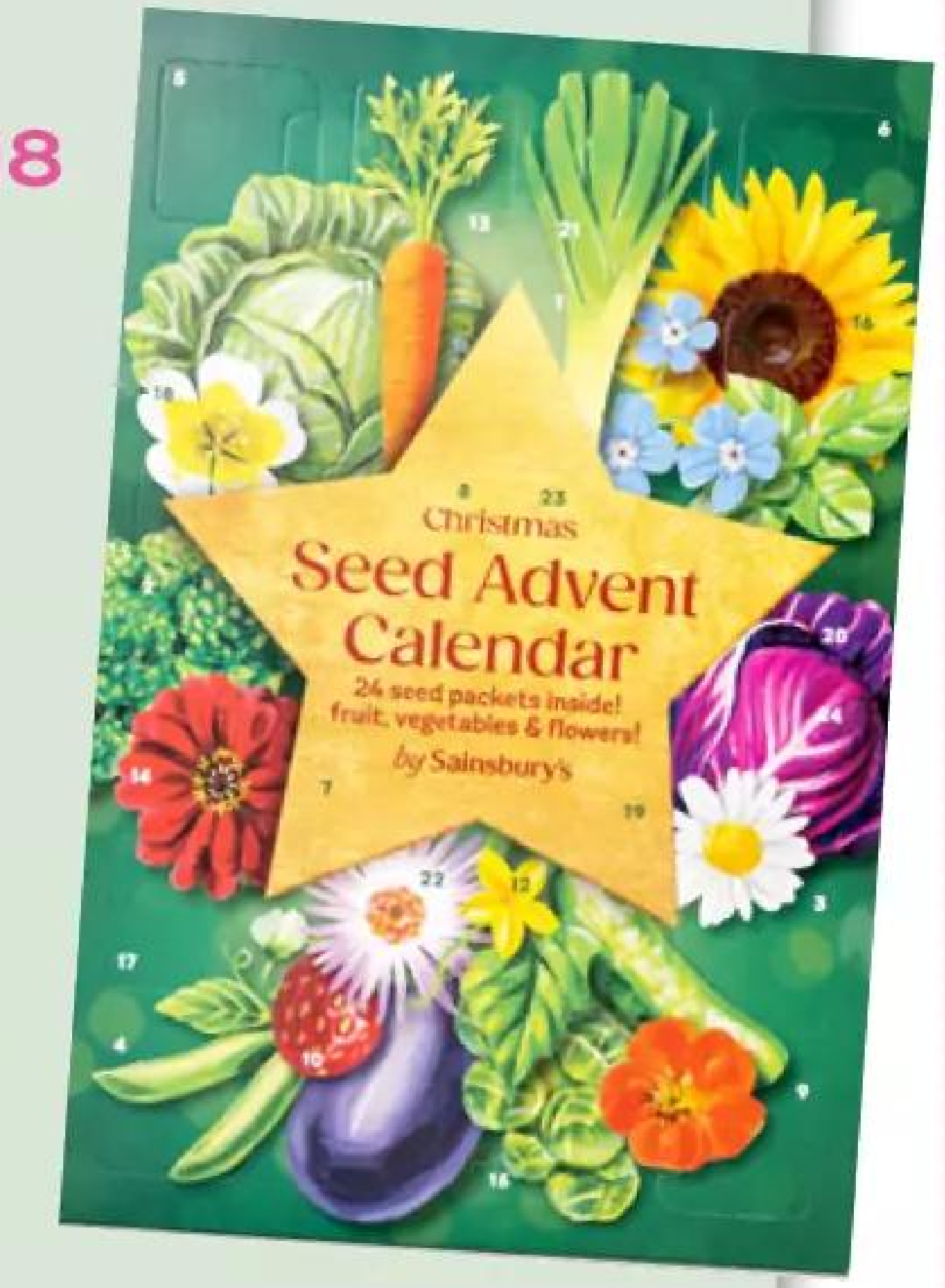
Cut out and keep this guide to help you grow your own

Yes, you really can get an advent calendar for any theme! Besides beauty, booze and traditional chocolates, there are more gardening advent calendars than ever before. Here's my three favourites this year.

SEED ADVENT CALENDAR
B&Q
est 1969

VERVE SHELTER SEED ADVENT CALENDAR, £15, B&Q

This provides a brilliant introduction to gardening. 24 doors open to reveal a small sachet of seeds across a spectrum, including flowers, herbs and vegetables. The packets may be small but it's a good starting point, and the calendar also comes with soil tablets, a seed tray and labels. What's more is B&Q donate a small sum to Shelter with every purchase.



SAINSBURY'S CHRISTMAS SEED ADVENT CALENDAR, £18

In a similar style to B&Q, this calendar also features a brilliant mix of seeds including fruit, vegetables and flowers, along with a tray to start them off in. You'll find classics including sunflowers, carrots and peas alongside some more unusual varieties to help you experiment, like poached egg flowers.

GROW YOUR OWN ADVENT CALENDAR, £34.99, THE LITTLE TREES BEES AND SEEDS COMPANY

A more premium price (though far cheaper than many beauty calendars out there!), you'll find 25 packets in this calendar but what sets it apart is the presentation. The calendar comes with mini pegs and twine to help you create your own bunting with the seed packets for a pretty addition to your home. You'll also get a very handy growing guide too, though save it for later if you don't want any spoilers!

GROW YOUR OWN
ADVENT CALENDAR
25 DAYS OF DELICIOUS VEGETABLE, SALAD & HERB SEEDS
PREMIUM HEIRLOOM VARIETIES

WORDS: *HEARST* PICTURES: *GETTY IMAGES*

Let your past explain your future...

Do you believe in the spirit world? *best* columnist, past lives expert David Wells, gave Jenny Medlicott from the West Midlands a window into what she might have experienced before...

Psychic David is here for *best* readers

The reading gave Jenny food for thought

World-renowned past lives expert, David Wells, answers your questions. This week he's chosen Jenny Medlicott, a writer from Birmingham. Here, she tells us what came through in their encounter...

Have you always believed in the spirit world and past lives?

I've always been a bit of a cynic when it comes to the spirit world. My family is very split down the middle when we discuss spirituality, some of them are big believers, while others are less interested... as a result, I'd say I'm open-minded about the spirit world, but tend to view it with a more critical eye. I do love the idea of past lives though, and there are some stories of children with past-life memories that I find compelling. Also, I'm incredibly close to my family, so the idea of having a 'soul family' that travels with you throughout your different lives is a comforting thought to me. I want to be with them in every lifetime!

Talk us through your reading with David...

In the first past life, David saw for me, he said I was a woman living somewhere in Yorkshire during the Victorian era. My husband was a doctor who did a lot of research to create new medications, and not only did I help him with it, but I was sort of the brains behind the operation! I had a greater understanding of plant-based remedies, which informed a lot of our research. Despite attitudes about women at the time, my husband publicly acknowledged all my work, even when it led to some disapproving looks from other men. Eventually, he passed away, and I continued his work until my life came to a peaceful end. My medical research might have been considered quite progressive for a woman at the time, but David said I was quite happy to carry it out without any public recognition.

During my second life, I lived in Atlantis – if you believe it existed! – and I was a priestess who taught, but also loved crystals. I believed in the various powers of crystals and was always trying to find new ways to harness their powers. While I did spend my time teaching too, I was a bit of a social recluse because as soon as my teaching hours were over, I would retreat into a quiet

> 'When Atlantis flooded, I went down with it'

David saw her as a woman in Victorian times

In one past life, Jenny died when Atlantis flooded

Jenny was a priestess who loved crystals

space where I wouldn't be disturbed by people. I never had a romantic relationship or any kids in this life and when Atlantis was finally flooded, as the legend goes, I went down with it. Some people fled on boats, but I was quite happy to accept the end of my allotted time on Earth.

While I can't say I'm somebody who has a particular interest in crystals or teaching in this life, I am somebody who knows how to enjoy their own company, so maybe I've picked up my skill for independence from this previous life. Plus, Atlantis has roots in Greek legend, and I've always loved stories born out of Greek myth.

In the third and final life David saw for me, I was a blind woman living in Sparta – another Greek link!

I was born blind, and apparently the Spartans didn't take too kindly to babies who didn't have all their senses, so I was almost left to die, but my mother successfully fought to keep me. As I grew up, my other senses became razor-sharp to compensate for my blindness. I became a bit of a force to be reckoned with and was even slightly feared by some of the men, which I found quite entertaining to hear. I was beautiful and attracted men, but none of them wanted to marry me because of my visual impairment. I lived a pretty full life, until eventually I had an uneventful death.

David said there were a few themes which stood out in my lives, including other lives he wasn't shown, and that included me being a pioneer, having a strong sense of justice and having queen energy. I relate to the idea of having a strong sense of justice, and while the queen energy comment confused me at first, David explained that this meant I tend to keep a close group of friends to avoid gossip. This struck a chord with me as I've always cherished quality over quantity when making friends, and definitely like to avoid the confrontation that can come with gossip...

How did you feel afterwards?

After the reading, I found myself eager to apply the overarching lesson David said came through, which was to embrace my pioneering spirit and seize new opportunities when they arise, even if they're out of my comfort zone. This is something I'd been trying to do over the last year anyway, so David's reading was a great source of encouragement to keep going. I was also quick to share the results with my family afterwards because I wanted to hear their thoughts. They said it was very typical of me to have been a hyper-independent woman who could fend for herself, which made me smile.

Did it help?

It definitely piqued my interest in the spiritual world. David said when he does his readings, the lives which show up are usually relevant to current events in your life, which I loved. After learning this, it made me think about what lessons I could apply to my current life, and I intend to do just that! Overall, it was an experience which gave me plenty of food for thought and will hopefully inspire me!

● **Let David unlock the secrets of your past. Would you like a free past lives reading with David? Email us at askdavid@hearst.co.uk and let us know a little bit about yourself, include a phone number and we may contact you.**

● **See davidwells.co.uk for more on David's past life courses, mentoring, oracle cards and books.**

WORDS: *JENNY MEDLICOTT* PICTURES: *GETTY IMAGES*

Soap Scoop

EVERY TUESDAY!

This week's star guests...

TAMARA WALL & GEMMA BISSIX

GRACE & CLARE FROM *HOLLYOAKS*

JOHNATHON HUGHES

LAURA-JAYNE TYLER

YOUR WEEKLY PODCAST FROM THE InsideSoap TEAM

SCAN TO WATCH ON YOUTUBE
LISTEN ON SPOTIFY OR WHEREVER YOU GET YOUR PODCASTS

PHOTOS: AMY BRAMMALL, GETTY IMAGES

Your stars

For 18 Nov to 1 Dec with Natalie Tambini

SCORPIO

24 October – 22 November

Wow! There's a whole lot of positive energy around you now, which is attracting what you want into your life. Just watch out for an urge later in the week to overthink a situation, or a temptation to reveal something that's much better left unsaid. Luck is linked to a sparkly gift that you give.

SAGITTARIUS

23 November – 21 December

Let things unfold in their own time, Sagittarius, especially when it comes to your love life. Piling pressure on to someone now for an answer, or trying to talk them into a trip that they really don't want to make, will backfire. Luck is found in a chance meeting in a pub with a log fire.

CAPRICORN

22 December – 20 January

The solution to a problem that's been troubling you for weeks or even longer is right in front of you! Try thinking about it from a different perspective. Meanwhile, you'll be at your happiest spending time with friends, so say yes to invites and new hobbies.

AQUARIUS

21 January – 19 February

Take a close look at your finances. A good overhaul is in order, and could even potentially free up some cash so that you can start working your way through your bucket list. Love-wise, there's a temptation to dwell on past mistakes – look forwards, not back. Luck is found in an old wallet.

PISCES

20 February – 20 March

Look at you! With planets zooming through your active zone, you'll want to be out and about doing as much as you can. You're an intuitive soul, but it will be all too easy this week to get the completely wrong end of the stick in a crucial conversation. Listen with your heart and your head.

ARIES

21 March – 20 April

Planets in your X-ray vision zone mean that absolutely no-one will be able to pull the wool over your eyes, provided you trust your intuition. Travel – especially if it's linked to work on a much-loved hobby – brings deep joy, and also pulls someone who will play a big role in your future into your orbit.

TAURUS

21 April – 21 May

Kick back and enjoy the week, Taurus. As the nights get darker, this is the time to curl up with a good book and spend the week on some self-care, especially if you're usually busy looking after others. Love-wise, you're all set for harmony – and if you're single, then don't miss that lovely Libran.

GEMINI

22 May – 21 June

Sometimes we have to agree to disagree, and this is one of them. With your ruler, Mercury, moving backwards through your nit-picking zone, it's not the time to pore over every single word in an argument. Meanwhile, a legal hiccup is temporary, and luck is found somewhere filled with paintings.

CANCER

22 June – 23 July

Feeling flirty? Go for it, Cancer. Planets in your show-off zone are making you shine, and everyone will take notice. It's also a great week to ask for that promotion or a pay rise, as you'll also have the confidence and mindset not to dwell if you don't get it. So go for it – what have you got to lose?

LEO

24 July – 23 August

If it feels like you're constantly pushing a door that says pull, step back and see if that's actually true. Being a fixed sign, it can be hard to compromise, but that's what you need to do if you want to move your current situation forwards. Someone you are very proud of has a secret – do some digging.

VIRGO

24 August – 23 September

Let's be honest, Virgo – relaxing isn't something that comes easily to you, and this week it could feel even more elusive than ever. So instead of worrying about it, channel that nervous energy into getting your home situation exactly how you want it. Luck is linked to the number 53.

LIBRA

24 September – 23 October

Right now you're tempted to hang on to something – or someone – for dear life, but is that really in your best interests? Surprising but happy news makes the week fly by, and if a bit of a daredevil invites you on a trip, don't automatically say no! Luck is found during a trip to town.

PICTURES: BIGSTOCK, GETTY IMAGES

Yellow Roses

BY MAGGIE RITCHIE

It had been a long, tiring day and London was so busy that Catriona could barely make her way through the crowds of tourists browsing the smart shops on Bond Street. She turned a corner and found herself outside a church in a quiet garden square. Two iron cast sculptures of hunting dogs sat guarding the doors and she couldn't resist slipping a hand over one of the cool heads. A memory stirred; she had been here before as a young woman, when she had moved to the city after university.

> **LONDON IS A HARD PLACE FOR A WOMAN ON HER OWN**

The church doors were open and she slipped inside, grateful to escape the stifling heat. Catriona sat in a pew and looked around. When she had been here last, popping in out of curiosity on the way to meet her father at his club, the church was being decorated for a wedding. There were yellow roses winding round the pillars and attached to the end of the pews. The 22-year-old Catriona had been transported – delighted by the watchful dog sculptures and the Georgian simplicity of the church, but most of all by the abundance of yellow roses. This would be where she would be married, she had decided. Once she had met the right man and landed the exciting job that would take the place of the dreariness of temping as a woefully inefficient secretary.

Sitting in the bustle of the preparations for an unknown couple's wedding ceremony, Catriona had allowed herself to dream of a white stucco house, or perhaps one of the new apartments on the banks of the Thames – a world away from her box room in the dismal flat she shared with two other girls. It had been one of them who had told her, not unkindly she realised now, about a character in a novel she was reading, who had moved to the capital but in the end had gone back to where she came from. At the time, Catriona had bristled, furious at the implication that she couldn't make it in London.

That day in the church, surrounded by another woman's flowers, Catriona could see her future laid out in this church full of yellow roses. Later, over a lunch of steak and kidney pie and steamed pudding, she had told her father about the church with its iron dogs.

'It's where I want to get married – you should see it, you'd love it,' she'd told him.

Gently, he had put down his linen napkin. 'You know, London is a hard place for a young woman on her own. You won't find a husband here.'

Catriona had bristled again.

She had lasted in London through the Winter, standing on cold platforms waiting for trains on the Northern Line and trudging to yet another office. A temp job at a new music TV station led to nothing more than a seedy proposition from an American producer who talked at her over dinner in a Greek restaurant. After fighting him off in a taxi, she told the agency she didn't want to go back and spent the next few days holed up in her flat.

Next, a friend had introduced her to an independent television director who talked so much she was surprised he heard her enough to mock her gentle Scottish accent. They went out on a few dates before she spotted him walking through Soho, hand in hand with another woman.

A job advert for a junior reporter at a weekly newspaper meant taking a train out to an industrial estate in Essex where she typed out news snippets on a manual typewriter. The journalists took her out for half pints at lunchtime and told her they were going on strike the next day. Crossing the picket line wasn't an option so she went back to her dismal flat and looked through the job adverts at the back of the *Press Gazette*.

A trade magazine for the cosmetics industry was looking for a sub-editor. She didn't know what that was, but went to a salon to get her hair set, bought a cheap dress from Topshop that reminded her of the girls in the Robert Palmer video 'Addicted to Love', and made her face up carefully, with bright red lipstick. The interview was in a tiny room that served as an office in a hotel with the editor the sole employee.

WINTER WONDERLAND

The middle-aged woman looked her up and down. 'I'll let you know,' she said after a few minutes. Later she phoned and told Catriona she hadn't got the job. 'You swanned in looking like a million dollars and I don't feel like a million dollars.' Catriona's attempt to fit in with her idea of a glamorous industry had backfired.

Meanwhile, her university friends, bolstered by generous allowances from their parents, were in no hurry as they looked for internships in the national newspapers and dabbled with badly paid reviews of books and films in listings magazines. They lived in bohemian flats in Islington and Fulham with large rooms that looked out over gardens. Friendships that had seemed to mean so much in Edinburgh petered out as they slipped comfortably back into their old lives.

In desperation, Catriona called her father in Lisbon, his latest Foreign Office posting. If her friends were unconcerned about using family ties, why should she shy away from nepotism? He put her in touch with someone running a charity. The job that came out of that was more menial than her temp jobs and involved stuffing and addressing envelopes to potential donors. The commute took more than two hours. She was late one morning and arrived at an office that was in a panic – there had been a terrible fire at King's Cross and her boss was about to phone her parents to break the news that Catriona could be one of the victims.

> “THERE'D BEEN A TERRIBLE FIRE AT KING'S CROSS”

When Spring came, she took the train back to Scotland for a weekend and spent the

Turn over for more

days and nights crying. When one of her friends said: 'Why don't you just come home?' it had been a revelation. Two weeks later, she left London.

In the church, she took stock of her life. What would have happened if she had stayed? London was so different now, the dingy area where she had lived was now a magnet for hipsters, full of delis, cafés and quirky art galleries. If she had only hung on and scraped together enough money for a deposit for a flat, she could be sitting on a fortune now and working in a swish national newspaper office. In Scotland, her media career, which had started so well once she was back on familiar ground, had faltered over the years as the internet eroded the industry she loved.

Catriona looked down at the comfortable shoes she'd chosen for this trip to London and thought of her old school friend's flat opposite the Tate Modern. They had spent the morning in the gallery, barely looking at the paintings in the temporary exhibition, reminiscing about school days. Joanne was successful and loved her London life.

But then she had told Catriona about how she had nearly got married to a man she wasn't really in love with, but had been persuaded to jilt him on her wedding day by an artist she had always quietly adored. At the last moment, he couldn't bear to see her happy with another man. For years, she'd worked in a soulless but well-paid job to fund his career, but he'd left her when she left that job to pursue her own dreams.

> THE SUN SHONE THROUGH THE STAINED GLASS WINDOWS

Just then, the sun shone through the church's stained glass windows and the golden light fell on her hands. Catriona looked at her modest diamond ring and slim gold band and smoothed the wrinkles and age spots. What had her mother said to her? 'One day, you wake up and you're 50'. She heard footsteps and turned to see a man silhouetted against the light. Her son, Calum. He was so handsome and grown up in his suit; it was difficult to remember him as a little boy, his arms around her neck.

'How did you know where I was?'

'You're on Find My Phone.'

'Of course. How did the interview go?'

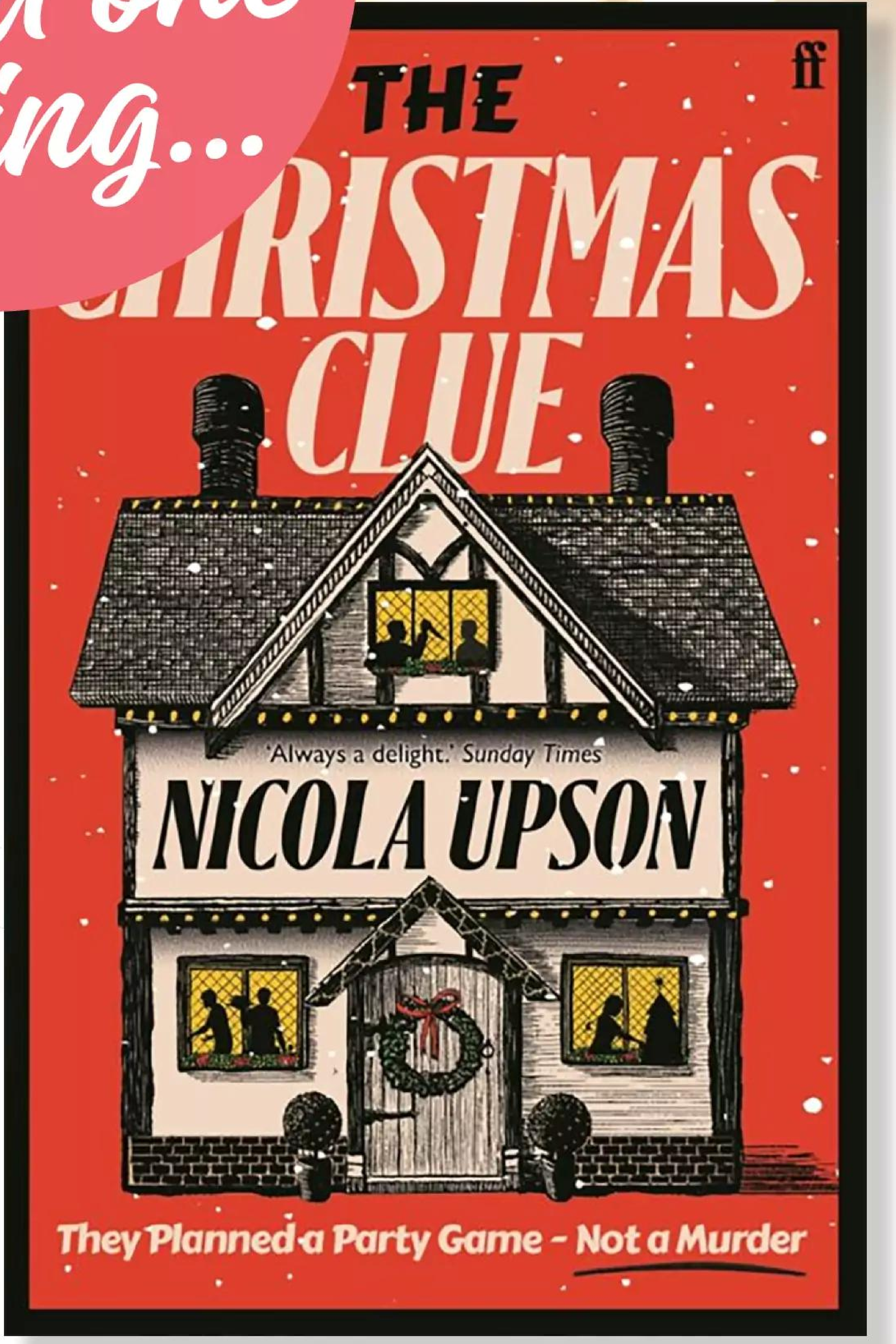
He handed her a bunch of flowers. Yellow roses. 'I know they're your favourite.' He smiled. 'Let's go home. I can't wait to tell Dad the good news.'

Catriona stood up and took one last look around the church. She realised she had everything she had ever wanted. She had her own yellow roses.

● ***White Raven* by Maggie Ritchie is published by Scotland Street Press and is out now.**

PICTURES: *GETTY IMAGES*

If you read one thing...


ff
THE CHRISTMAS CLUE
'Always a delight.' Sunday Times
NICOLA UPSON
They Planned a Party Game - Not a Murder

The Christmas Clue by Nicola Upson

'Delicious festive crime'

If you love a good crime novel, then you will enjoy this cracker of a festive crime thriller.

It's Christmas Eve, 1943. The scene is set when Anthony and Elva Pratt arrive in a pretty, snowy English village. They're here to run a murder mystery game – however, things soon turn deadly.

The Pratts had planned for festive cheer, despite the wartime shortages. Elva has a map of the hotel, and Anthony is armed with props and weapons to use as clues. The idea is that the guests in their parlour game would move through the rooms to figure out whodunnit.

But then Anthony discovers a real-life murder – the cook's sister, Miss Silver, has been beaten to death. The parlour game goes out of the window as Anthony and Elva set about investigating this shockingly real crime. Hotel manager Mr Browning tries to keep the peace as the guests become agitated, Colonel Colman is about to take over the hotel for the war effort – and the mysterious Mrs Threadgold is nowhere to be seen. Think Christmas *Cluedo* brought to life.

In games, there's only one victim – but this is real life. Can the Pratts puzzle out this Christmas mystery before it's too late?

This is the perfect read for someone searching for a break from the festive season's madness – or just looking for a good read on a long winter's night!

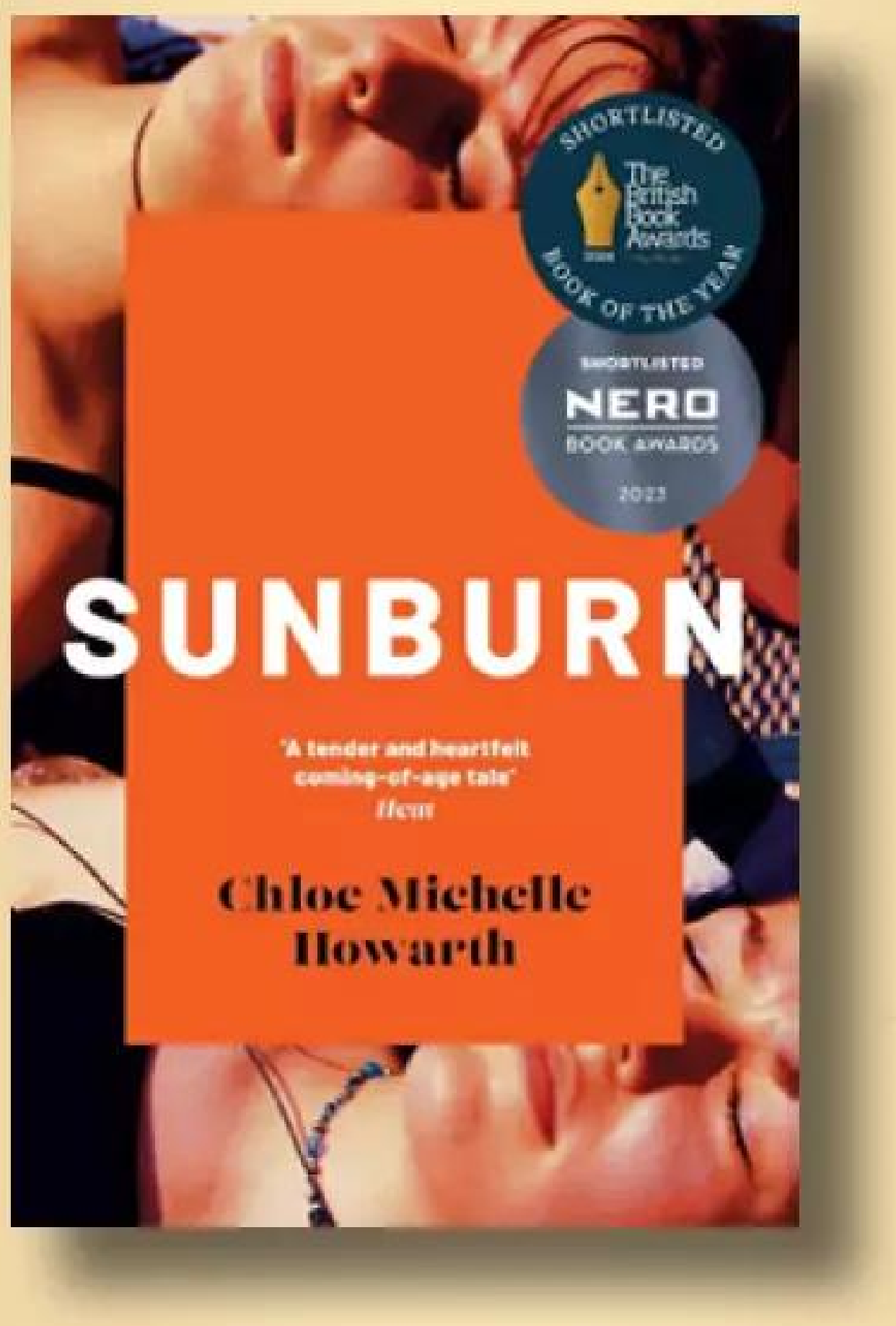
PICTURE: GETTY IMAGES, FABER, VERVE BOOKS

WHY NOT JOIN A BOOK CLUB?

Are you already in a book club with your pals?

We'd love to hear about it! Why not let us know what you're reading, or share your tips and recommendations? Let us know at nicola.dawson@hearst.co.uk. Here at *best*, we think there's nothing better than losing yourself in the world of a good page-turner.

This week, *best*'s Jenny Medlicott has been reading...


SHORTLISTED The British Book Awards BOOK OF THE YEAR
SHORTLISTED NERO BOOK AWARDS 2023
SUNBURN
Chloe Michelle Howarth

SUNBURN

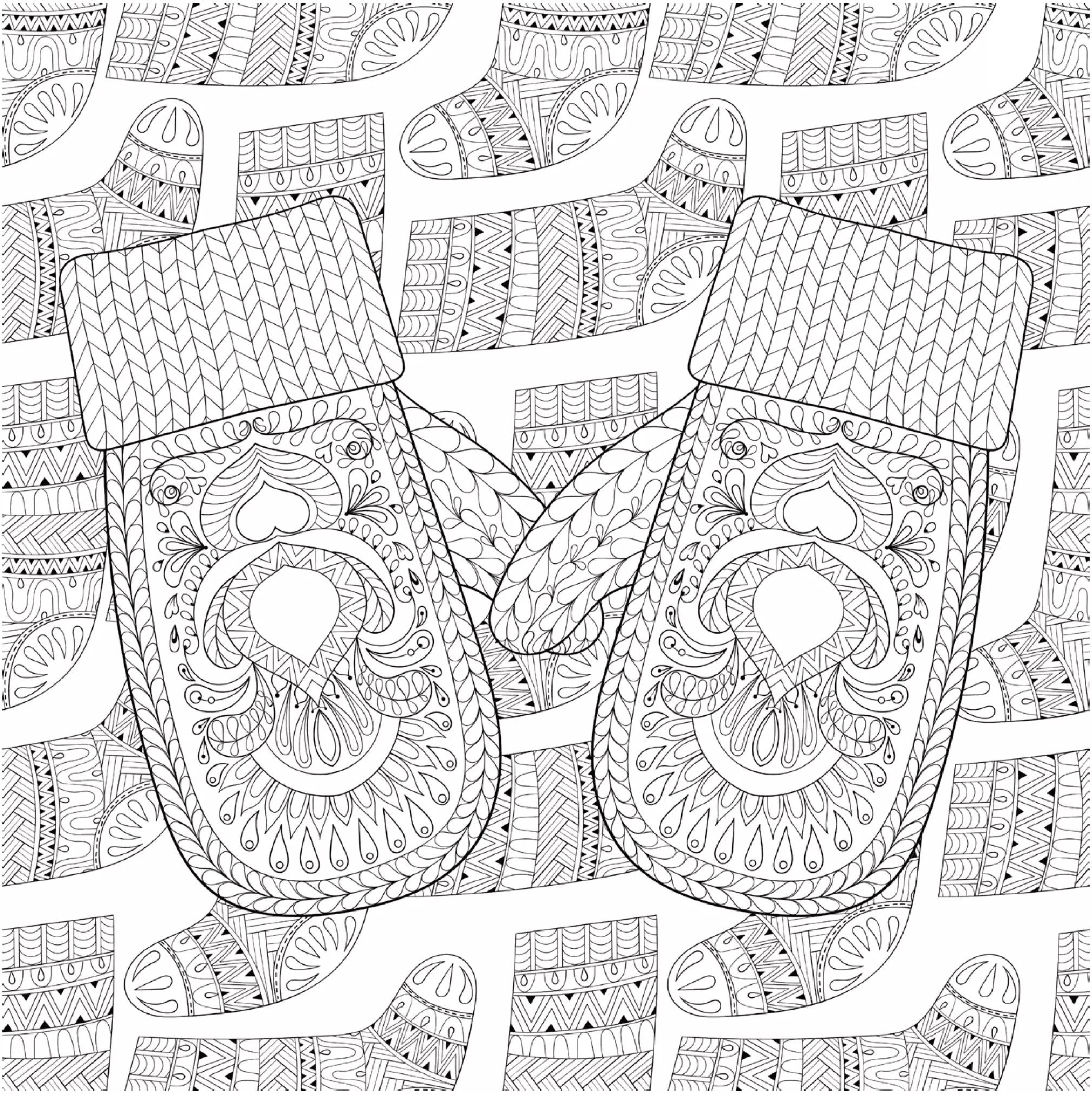
by Chloe Michelle Howarth

Published by Verve Books

This is a story about two girls falling in love in the Nineties in Ireland – a forbidden love story and coming of age novel. Lucy can't escape the spark she feels for her friend Susannah... but the small-town attitudes that prevail mean she must choose between desire and duty. She begins to lead a double life... but who is she lying to? This is a tender read about first love and conservative traditions.

Colour therapy

Take some time out to relax and unwind...



PICTURES: *GETTY IMAGES*

TRAIN YOUR BRAIN

Fun AT HOME

If you need something to help keep your brain busy – look no further. Grab a pen and flex those intellectual muscles with these tantalising puzzles...

SEARCH ME!

Can you find the Nobel Peace Prize laureates in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

AHMED
AHTISAARI
ANNAN
ARAFAT
CARTER
DAE-JUNG
EBADI
ELBARADEI
GBOWEE
GORE
HUME
MURAD
OBAMA
PERES
ROTBLAT
SANTOS
SATYARTHI
TRIMBLE
YOUSAFZAI
YUNUS

T	R	I	M	B	L	E	B	W	X	Q	R	M	H	Z
R	E	L	H	V	P	Y	C	V	A	N	N	A	N	J
A	W	L	G	C	C	Y	P	U	N	X	H	T	Q	S
R	X	F	B	D	M	E	A	E	C	S	A	K	A	S
A	S	W	G	A	R	U	D	F	A	O	T	W	A	M
F	U	I	M	E	R	R	R	H	B	T	X	T	K	Q
A	N	T	S	I	E	A	T	A	D	N	Y	M	I	T
T	U	N	B	E	B	I	D	E	D	A	K	R	A	A
W	Y	C	M	D	S	T	M	E	R	S	V	H	Z	L
G	T	U	A	A	U	H	L	T	I	A	G	B	F	B
B	H	U	A	R	A	I	H	B	E	M	O	B	A	T
O	D	R	Y	N	T	I	Y	P	B	A	R	O	S	O
W	I	Y	K	Q	Q	E	L	D	A	B	E	G	U	R
E	I	O	R	Q	W	C	R	G	D	O	F	O	O	B
E	L	U	V	Q	O	D	M	F	I	P	U	F	Y	Q

SUDOK-GO!

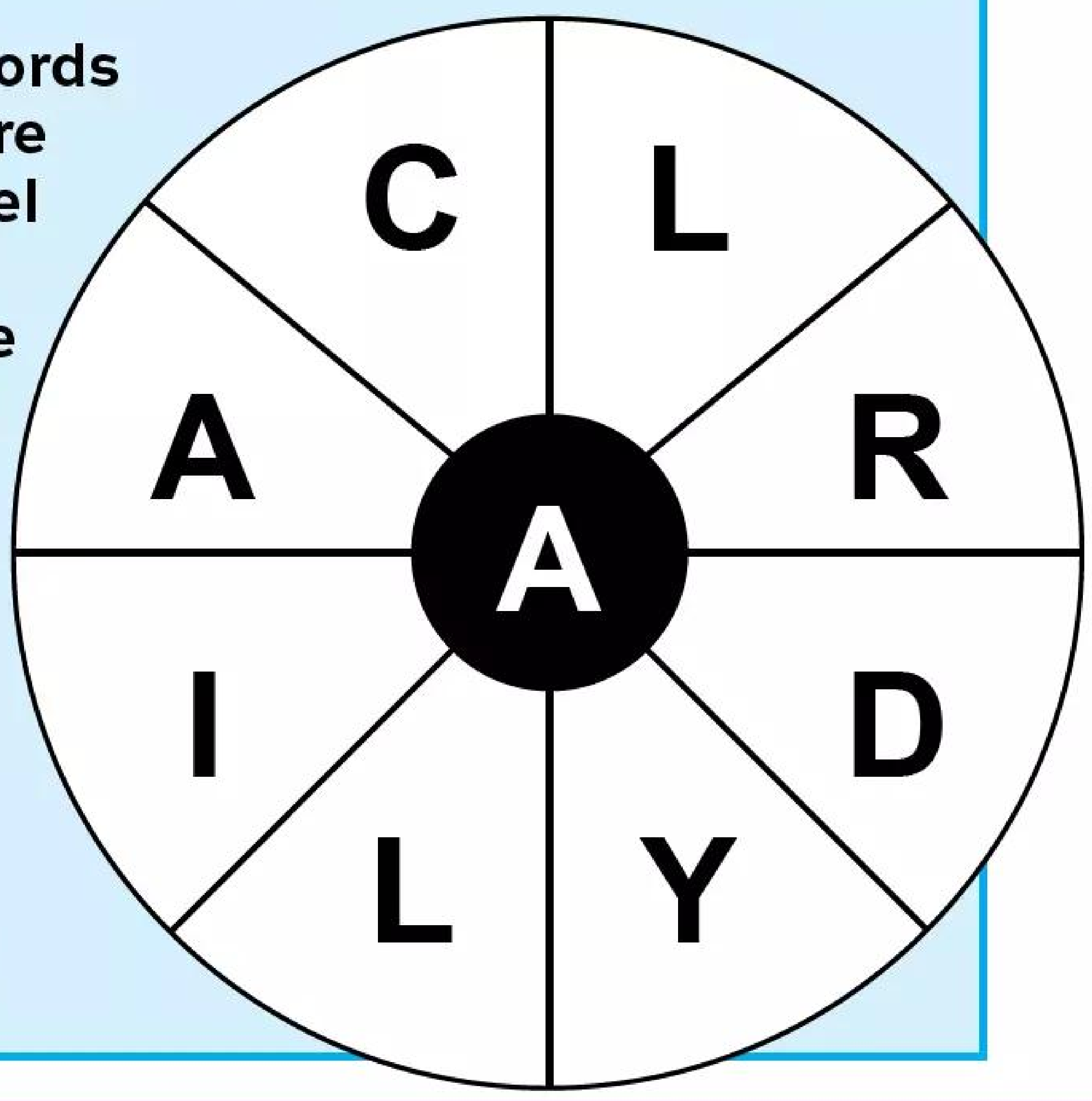
Fill the grid using the numbers from 1 to 9 only. Each number must appear once in every column, row and 3x3 square. Now, off you sudok-go!

	9	4	5				6	
1	7	8			4			3
		5		3				
			1	6				5
		2		7		6		
5				9	3			
				5		1		
8			3			9	5	7
	5				7	3	4	

			1				3	6
	1				4			2
		3		5		9		1
9	6		4		3			
		8		9		3		
			8		5		4	9
1		2		4		7		
5			3				2	
3	8				1			

WORD WHEEL

Find as many words of three or more letters in the wheel as you can. Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine-letter word?



PICTURES: GETTY IMAGES, RICHARDSON PUZZLES & GAMES

CODE NAME

Each number from 1-26 represents a letter of the alphabet from A-Z. Every letter appears in the grid at least once, and is represented by just one number. Eva Longoria will help get you started with the numbers for E, V and A. Can you crack the entire code to complete the crossword grid? When you are finished, use the key grid to uncover a hidden word.

14	4	3	14	6	23	16	21	13	3	10	10	15
18	■	■	■	23	■	■	■	8	■	■	3	■
3	■	■	26	23	14	18	10	1 E	16	■	6	■
18	25	7	3	24	18	■	8	14	3	20	1 E	14
8	■	■	21	■	3	■	14	■	7	■	■	4
1 E	■	12	10	3	20	14	18	23	9	1 E	■	24
14	■	24	■	18	■	23	■	2	■	2	21	3
19	8	21	9	18	8	4	10	1 E	■	1 E	■	7
8	■	1 E	■	3				24	8	24	3	10
1 E	9	9	8	21				13	■	20	■	■
■	■	16	■	9				25	8	24	10	14
2	21	10	10	3				3	■	1 E	■	22
23	■	1 E	■	5	21	17	3	24	24	1 E	10	15
7	3	14	■	10	■	21	■	20	■	9	■	14
1 E	■	14	10	1 E	1 E	4	10	1 E	14	14	■	13
10	■	■	21	■	2	■	23	■	1 E	■	■	24
14	9	1 E	1 E	17	1 E	■	4	3	18	21	9	3
■	23	■	14	21	14	18	1 E	24	14	■	■	4
■	9	■	■	9	■	■	■	1 E	■	■	■	1 E
10	1 E	11	21	13	23	20	24	3	4	25	1 E	24

~~A~~ B C D ~~E~~ F G H I J K L M
N O P Q R S T U ~~V~~ W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
E	V	A										

14	15	16	17	18	19	20	21	22	23	24	25	26

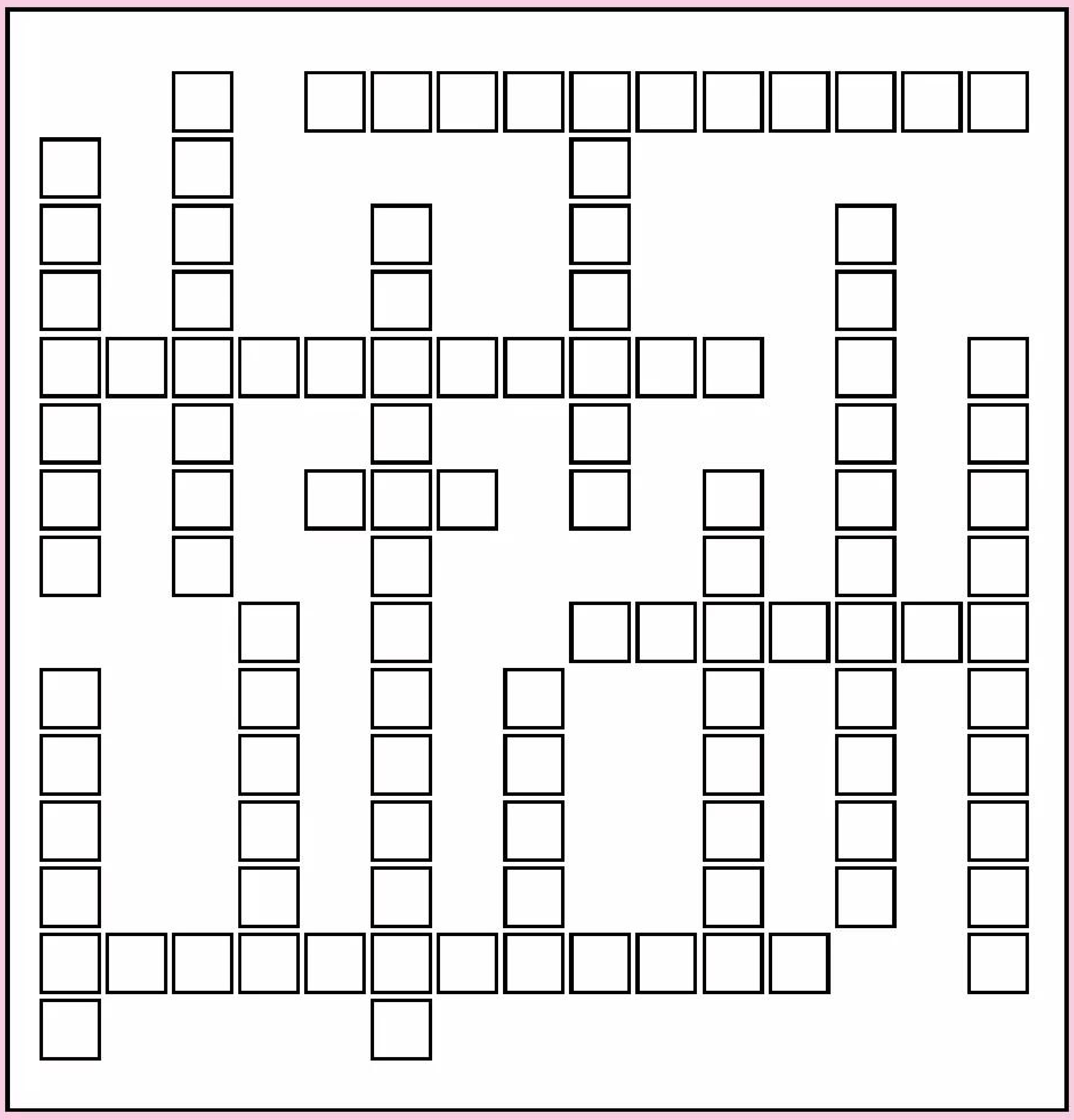
YOUR KEY WORD GRID:

23	24	21	20	3	6	21

KRISS KROSS

Can you fit all the words into the grid to complete the puzzle? Some words may initially fit in more than one place, but there is only one way to fit all the words together to complete the grid. The solution is below.

3 LETTERS
TAX
5 LETTERS
DEBIT
6 LETTERS
CREDIT
INCOME
7 LETTERS
BALANCE
MONEY IN
SUMMARY
8 LETTERS
MONEY OUT
SORT CODE
10 LETTERS
PAGE NUMBER
11 LETTERS
ACCOUNT NAME
CARD PAYMENT
TRANSACTION
12 LETTERS
INTEREST RATE
13 LETTERS
CONTACT
NUMBER

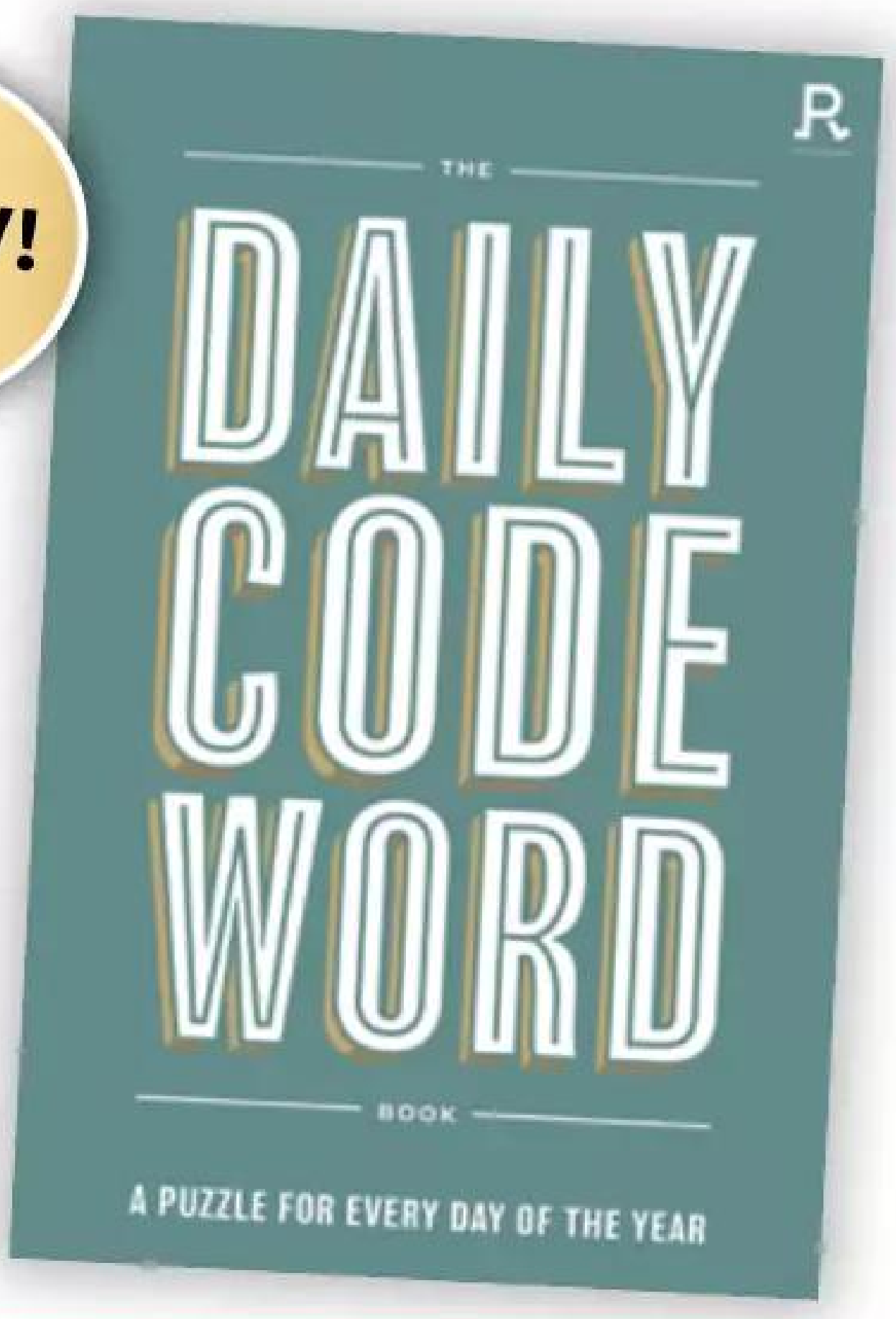


Codeword of the day

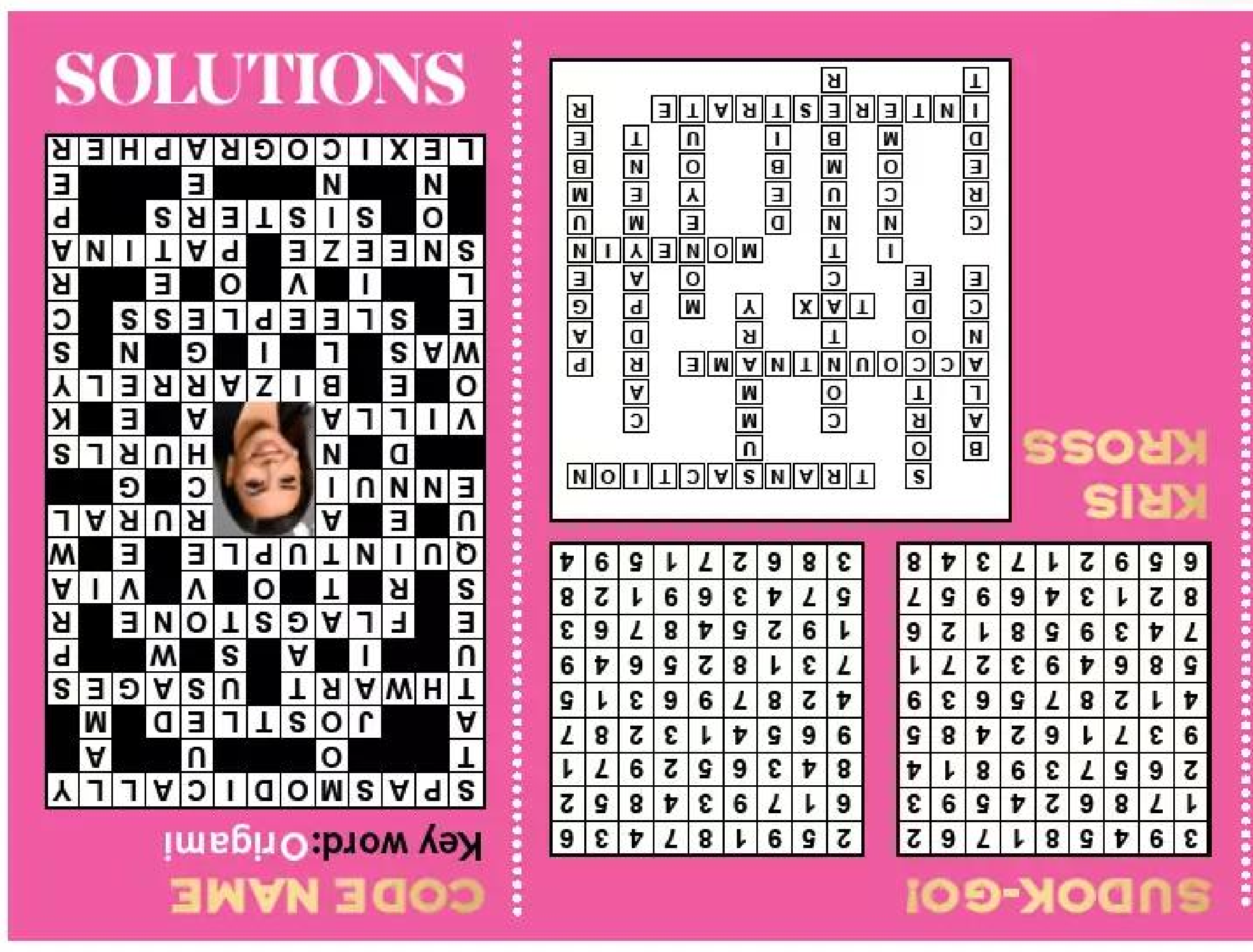
NEW!

The Daily Codeword Book (Richardson Puzzles & Games) contains a puzzle for every day of the year (including leap years!), with difficulty increasing as the year progresses! Available from hive.co.uk/richardson-puzzles and other good book retailers.

RICHARDSON
PUZZLES & GAMES



SOLUTIONS


CODE NAME
Key word: Origami
SUDOKU-GO!
KRISS KROSS

SEARCH ME
Not hidden: Dae-Jung

WORDWHEEL
Answer: Radically
Words that can be made from the wheel include: acid, acidly, acrid, aid, ail, air, airy, all, allay, ally, arc, aria, arid, cad, call, car, card, clad, clay, daily, dairy, dally, day, dial, diary, dray, lacy, lad, lady, laid, lair, laird, lard, lay, liar, lilac, lira, lyrical, racial, racially, racy, radial, radially, radical, radically, raid, rail, rally, ray, ria, yard

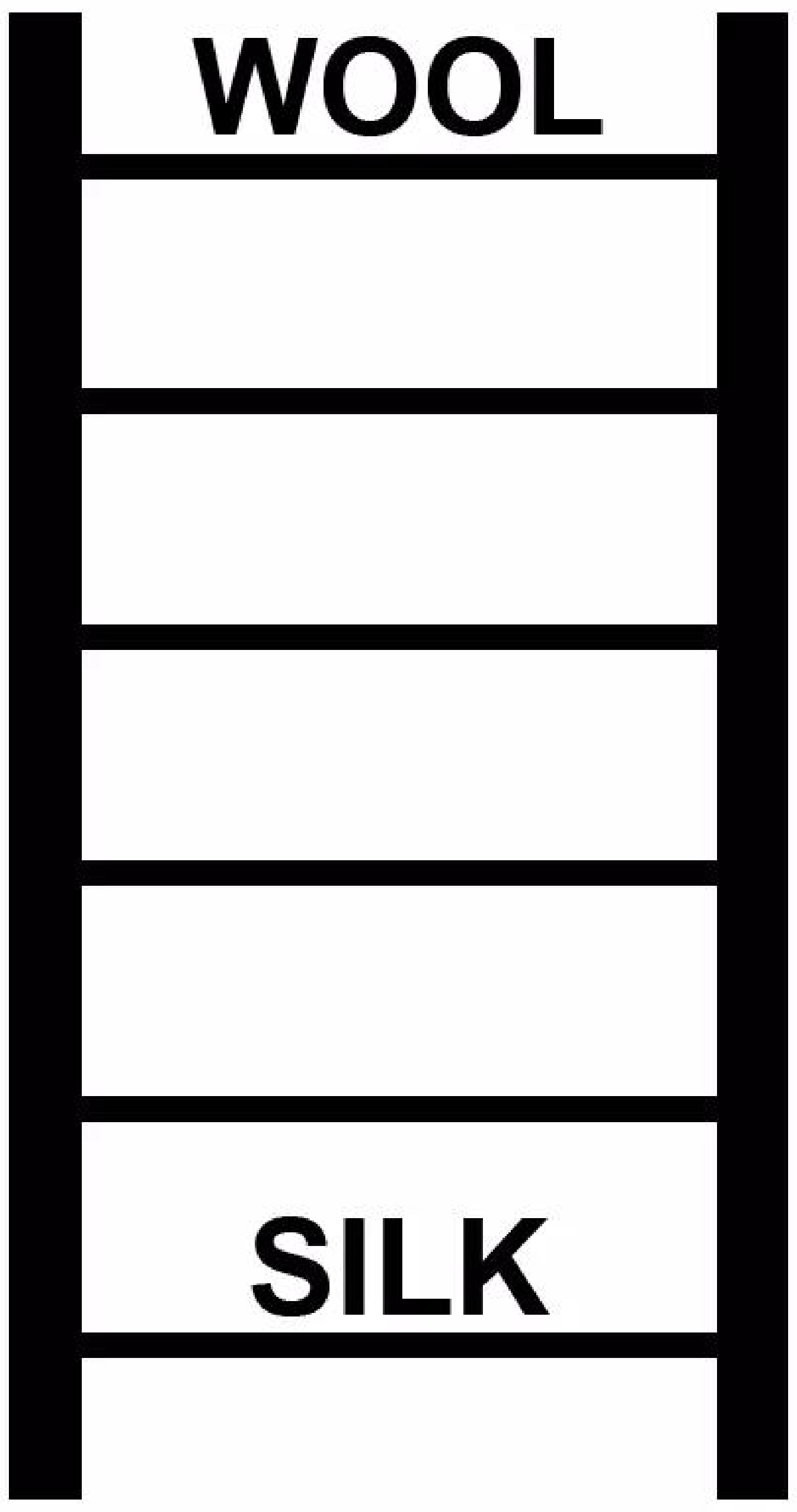
ARROW WORD

Answer the clues in the direction each of the arrows point to fill the crossword-style grid.

Eg Mo Farah	Expressing gratitude ▼	Ad ___ ▼	Bath sponges ▼	▼	Wreckage washed ashore	▼	Opposite of no	TV award	▼	Alex ___: British triathlete ▼	Defect in the eye ▼
▶							Tee follower ▼	US R&B musician ▶			
Owl cry ▶					Mashes (anag) ▶						
▶					Friend of Tigger ▼	Vineyard (in France) ▼		By now ▶			
Mexican tortilla wraps		Comic dramatic work ▶						Standard	___ Tyler: US actress ▼	___ Franklin: Corrie character ▼	
Shallow food container		Ancient Roman god of love ▶					Dashboard letters (inits) ▼	▶			
▶				Belonging to us ▶				Tech stock ▶			
Epoch		Ability to produce a desired result ▼		Strain ▼	Court ▼	Aromatic plant used in cooking ▼		By way of ▶			
▶			Moved through water ▶					Flight amenity (2-2)	Catches fire ▼	Fairy (literary) ▼	
Sporting official (abbr)	English rock band (inits) ▼		Particle that is electrically charged ▶				Navigation aid (inits) ▼	▶			
▶			Phileas ___: Jules Verne character ▶					Eg water vapour ▶			
Raise up ▶					Person after whom a discovery is named ▶						
▶			Pen point ▼	British boy band ▶				Snow runner ▼		Te ___: Rihanna song ▼	Opposite of yang ▼
Huge mythical bird	___ DiFranco: US singer ▶			▼	Climbing vine		Linger ▶				
Roadside area (3-2)	Relating to a city ▶						___ Badenoch: Tory leader ▶				
▶					___ Brie: US actress ▶						

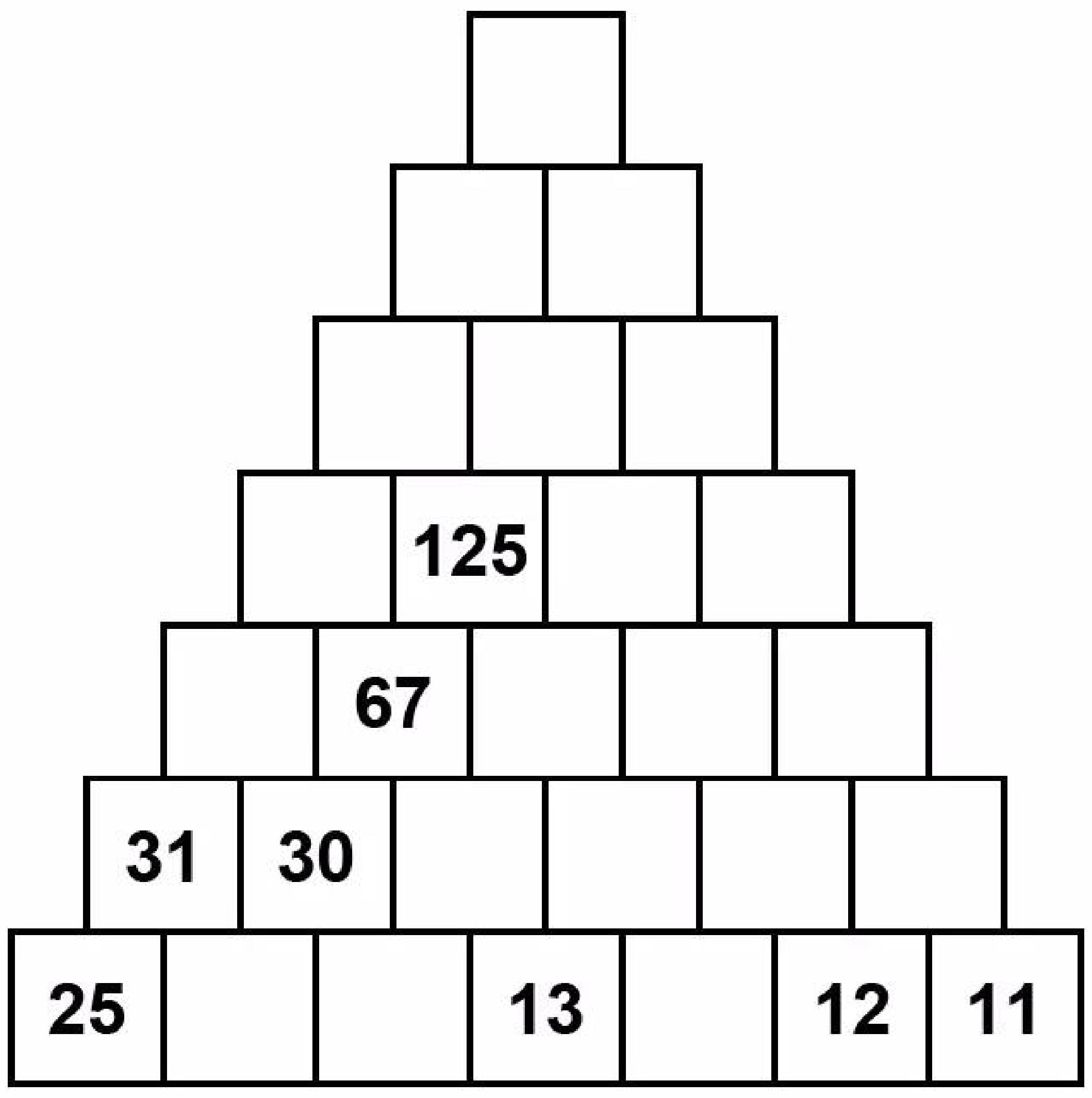
WORD LADDER

Move from the word at the top of the ladder to the word at the bottom of the ladder by changing one letter on each step of the ladder. Do not rearrange the order of the letters. There may be multiple ways of doing this.



NUMBER TOWER

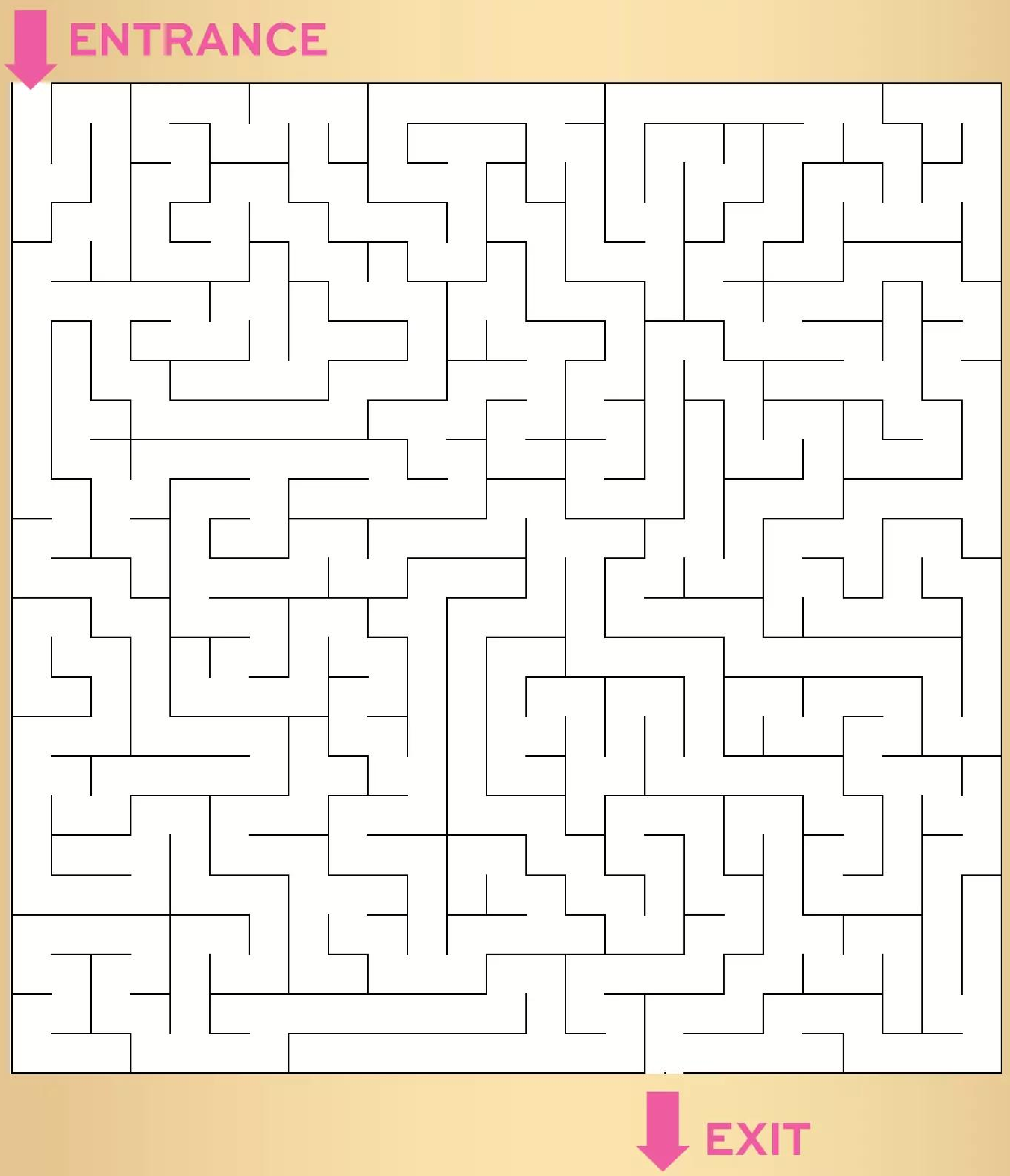
Complete the tower so that every square contains a number. The number in each square is the sum of the two squares directly below it. Can you solve this in 30 seconds?



JUMBO MAZE

Find the path without breaking through walls. Start from the entrance arrow at the top and end at the exit arrow at the bottom.

ENTRANCE

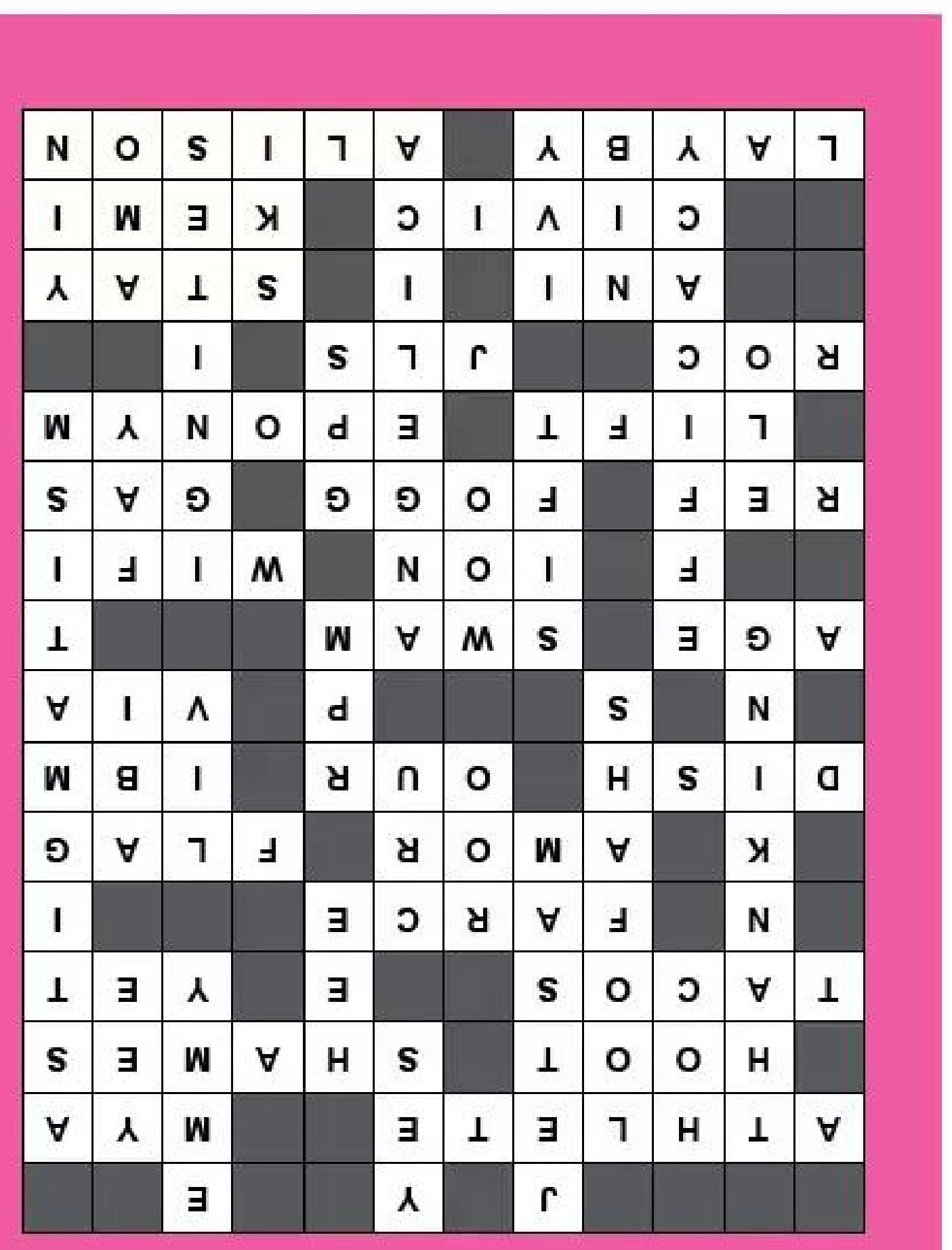


EXIT

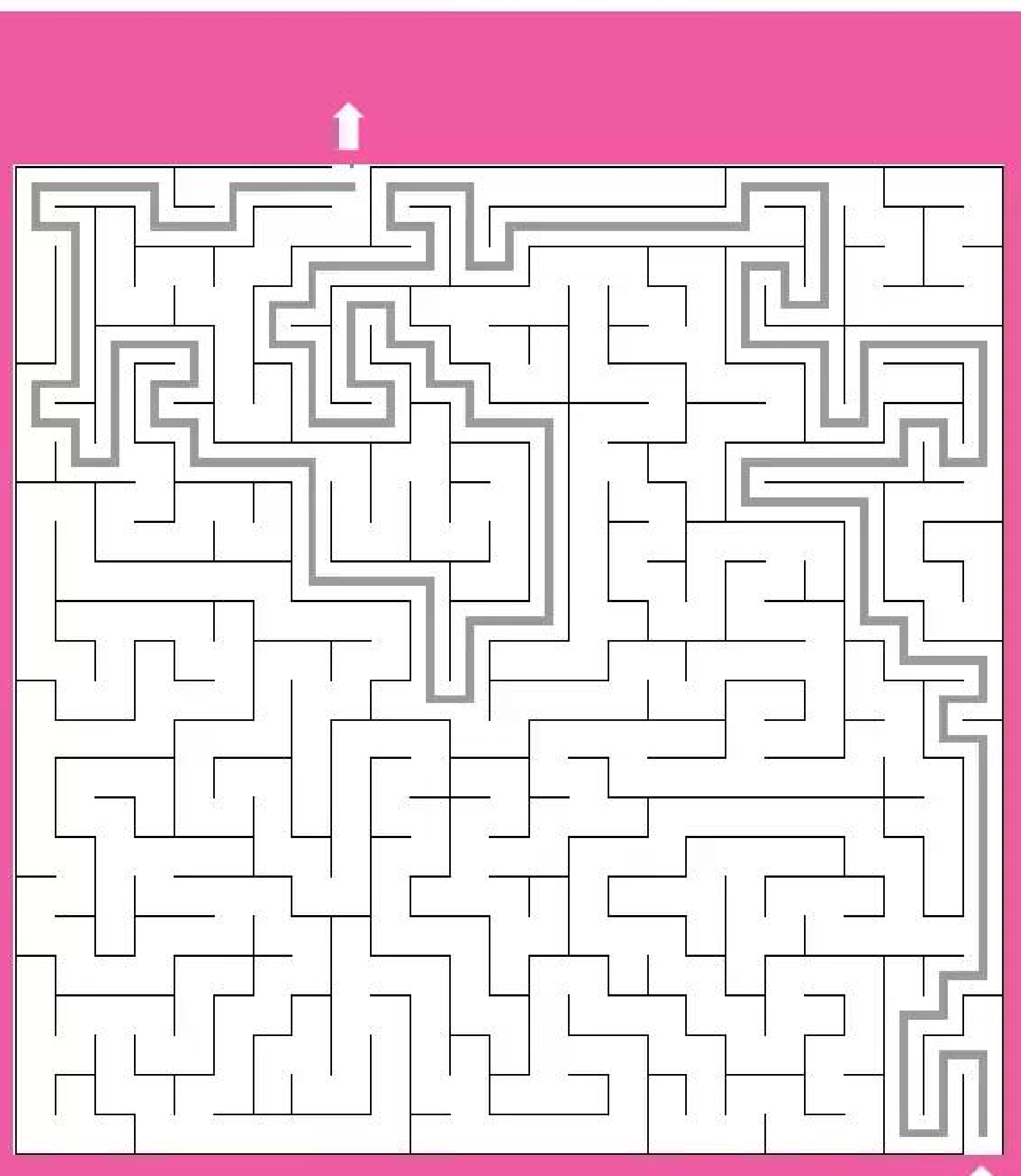
All puzzles are kindly supplied by Richardson Puzzles & Games.

SOLUTIONS

ARROW WORD



JUMBO MAZE



WORD LADDER

WOOL
TOOL
TOLL
TILL
SILL
SILK

NUMBER TOWER

884
477 407
253 224 183
128 125 99 84
61 67 58 41 43
31 30 37 21 20 23
25 6 24 13 8 12 11

best crossword

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WIN 1 X £200, 2 X £100 OR 3 X £50 PRIZES

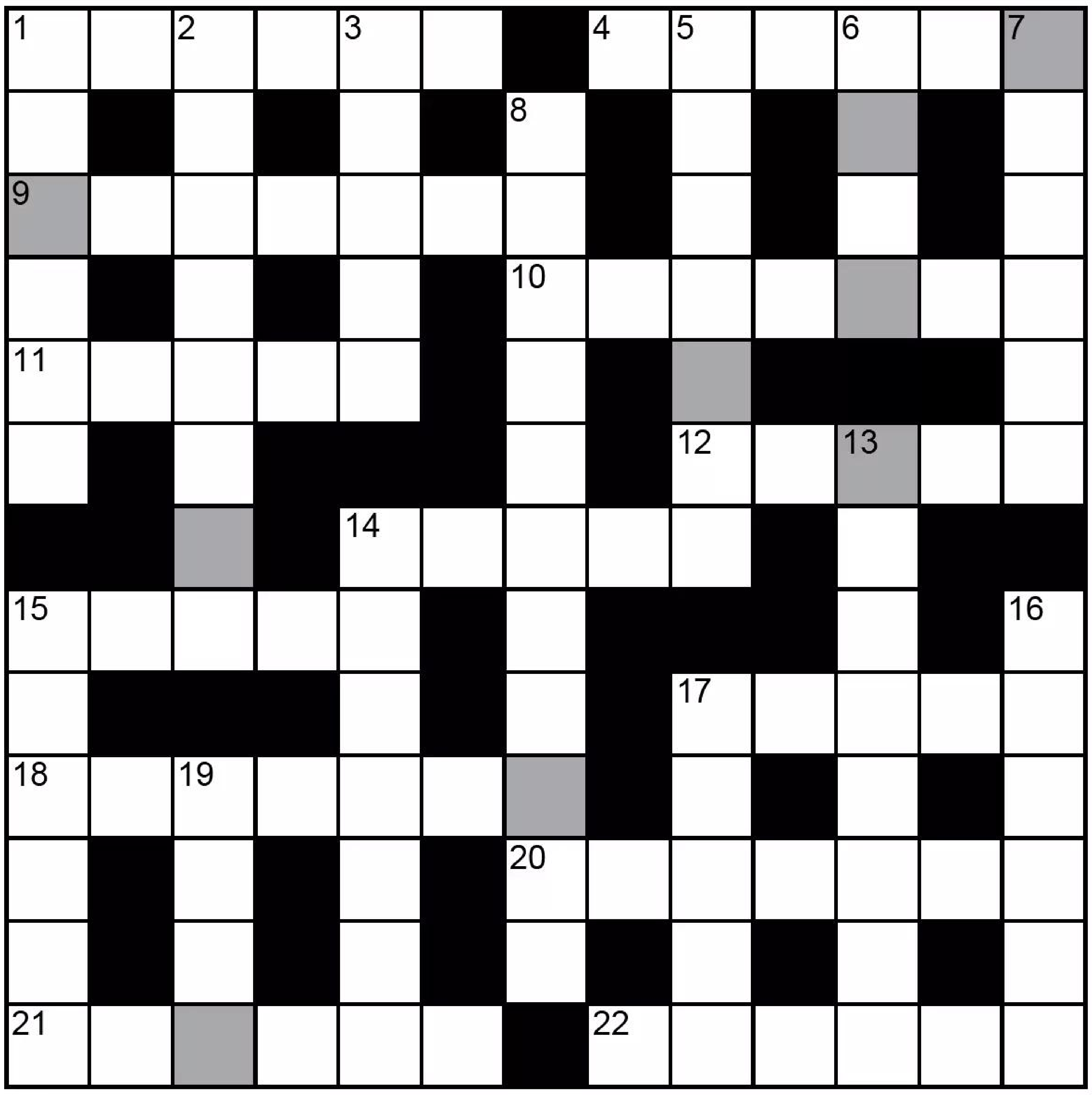
The answer will appear in the shaded boxes and this is your prize answer. Enter at hearstmagazines.co.uk/bestcross4725

ACROSS

1 Decline to do something (6)
4 Of practical benefit (6)
9 Stately residence (7)
10 Satisfied (7)
11 Absolute (5)
12 External (5)
14 Performer (5)
15 Feeling of fear (5)
17 From that time (5)
18 Inflatable rubber bag (7)
20 Trade in something illegal (7)
21 Make (6)
22 Magnitude (6)

DOWN

1 Far away (6)
2 Operate correctly; work (8)
3 Motionless (5)
5 Underwriter (7)
6 One more than four (4)
7 Alphabetical character (6)
8 Doubt (11)
13 Move to another place (8)
14 Report of an event (7)
15 Communal (6)
16 Free from danger (6)
17 Slithering animal (5)
19 Animate existence (4)



From which type of rock is the Great Sphinx of Giza made?

The answer will appear in the shaded squares.

Online entries open 18 November 2025 until midnight on 12 December 2025. You must be over 18.

For full T&Cs, see below. We will use the information you supply to process your competition entry. For our privacy notice, visit hearst.co.uk/privacy-notice.

One entry per household. Online entries to reach us by closing date of 12 December 2025. Winners will be drawn at random from correct entries received. Names and counties of winners available on request. No correspondence can be entered into. The editor's decision is final.

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS PROVIDED

ANSWERS

MEGA CROSSWORD
42/2025
PRIZE ANSWER:
MONTEVIDEO

ACROSS
1 Abroad **7** Remember
8 Sit **9** Infant **10** Ride
11 Enemy **13** Convert
15 Opinion **17** Adapt
21 Tour **22** Market **23** His
24 Distance **25** Fierce

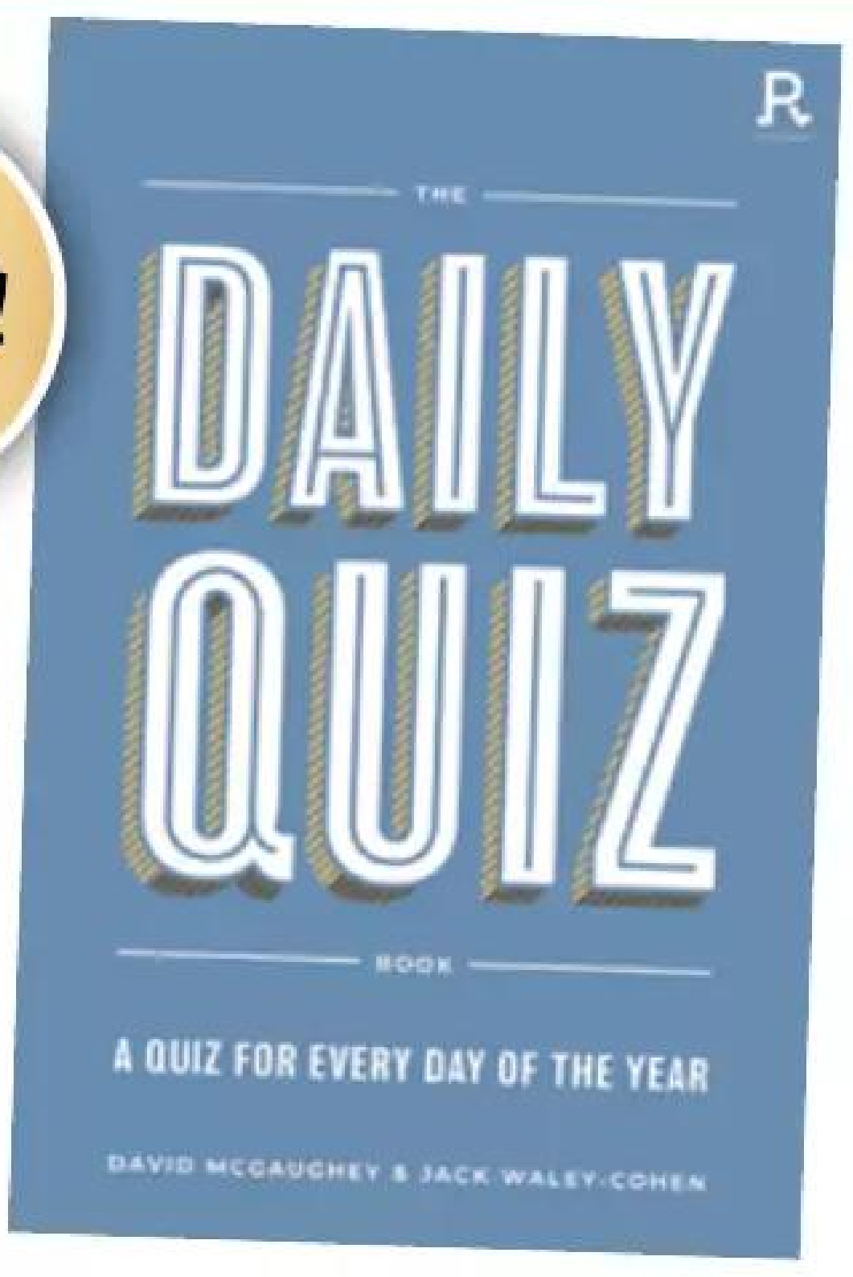
DOWN
1 Assure **2** Retire
3 Dream **4** Emotion
5 Improved **6** Vendor
12 Minority **14** Command
16 Profit **18** Author
19 Tissue **20** Brief

Quiz of the day

The Daily Quiz Book **(Richardson Puzzles & Games) contains a five-question quiz per day, plus a bonus set of monthly questions, all adding up to a whopping 2,000 general knowledge questions to enjoy over the course of a year! Available from hive.co.uk/richardson-puzzles and other good book retailers.**

RICHARDSON PUZZLES & GAMES

NEW!


R
THE
DAILY QUIZ
BOOK
A QUIZ FOR EVERY DAY OF THE YEAR
DAVID MCCAUGHEY & JACK WALEY-COHEN

You must be over 18 and entries in the incorrect format will not be considered. *best* competitions and puzzles open on 18 November 2025 and closes at midnight on 12 December 2025. Entries received after the closing date will not be considered. The cash prizes are as described on this page [six winners]. The crossword winners will be randomly selected from the entries received. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. This competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winners will be contacted personally by email using the contact details provided upon entry. Winners will be notified once selected. Winners will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winners will be available by sending a stamped addressed envelope to House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph, for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned/ withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred, although Hearst Magazines reserve the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the information you supply to process your competition entry. For our privacy notice, visit hearst.co.uk/privacy-notice. Hearst Magazines reserves the right to (i) cancel and/or withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under or in connection with these Terms.

STRIKE A PAWS!
Katlips is nothing if not picture perfect at any opportunity.

BALL PLAY
Naturally, Katlips upgraded her toys just in time for Christmas!

TUXEDO CAT DAY - 29 NOV

CAMO-CATS
Kloppy couldn't help but think that Katlips was letting down efforts to blend into the sofa...

PETS OF THE WEEK

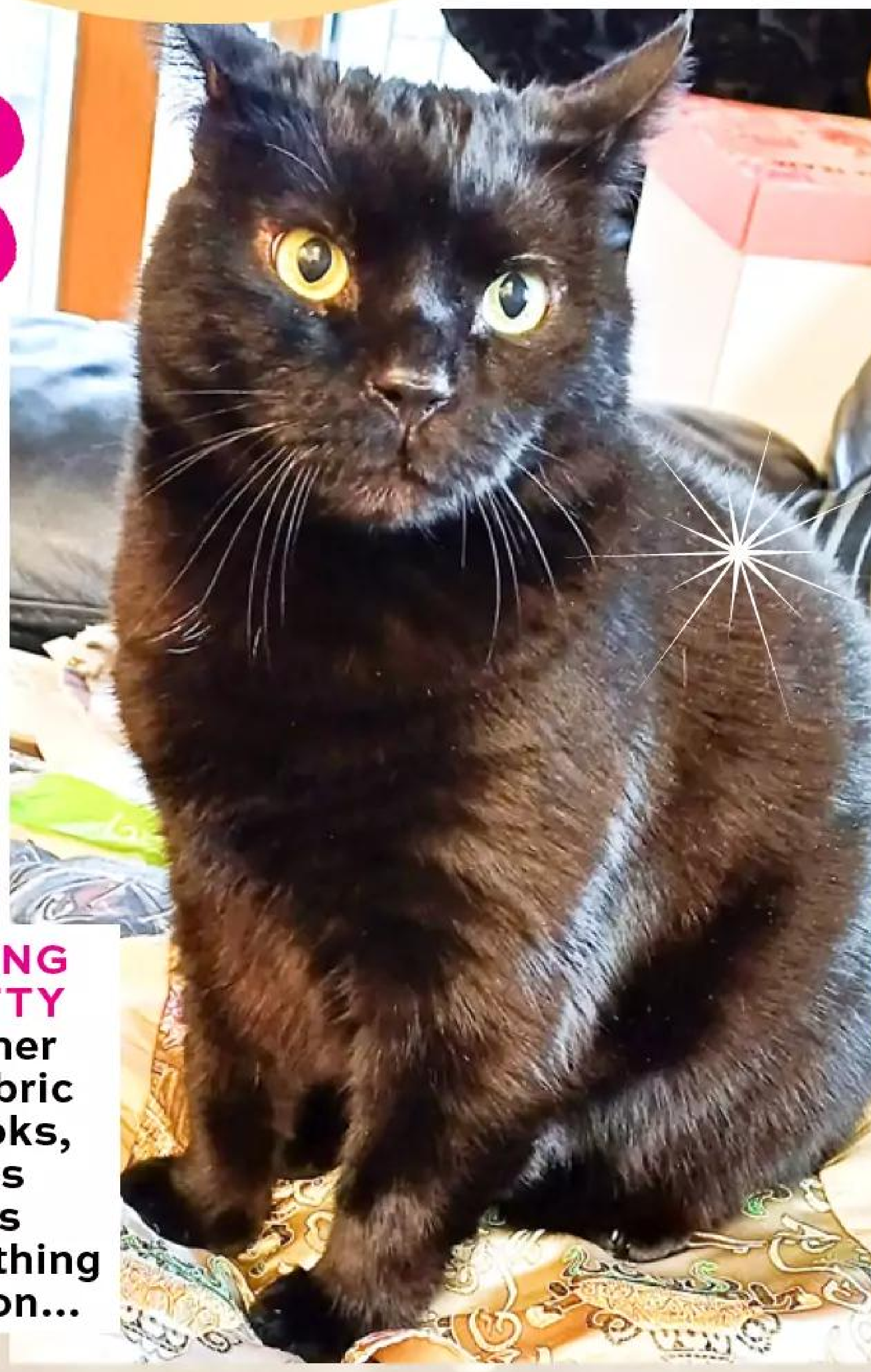
Name: Katlips and Kloppy
Owner: Rachel, East London
Breed: Domestic shorthair

DAY IN THE LIFE

We discover just what tuxedo cat Katlips, 10 and paw-pal Kloppy, nine, get up to on a daily basis

SUPER STRETCH
We love that Kloppy takes his cat cow yoga stretch to total extremes!

PRINTS CHARMING
Katlips is considering masquerading as a leopard when the tuxedo 'outfit' gets too much...



SITTING PRETTY
Whether it's fabric or books, there's always something to sit on...

CALLING ALL PETS!

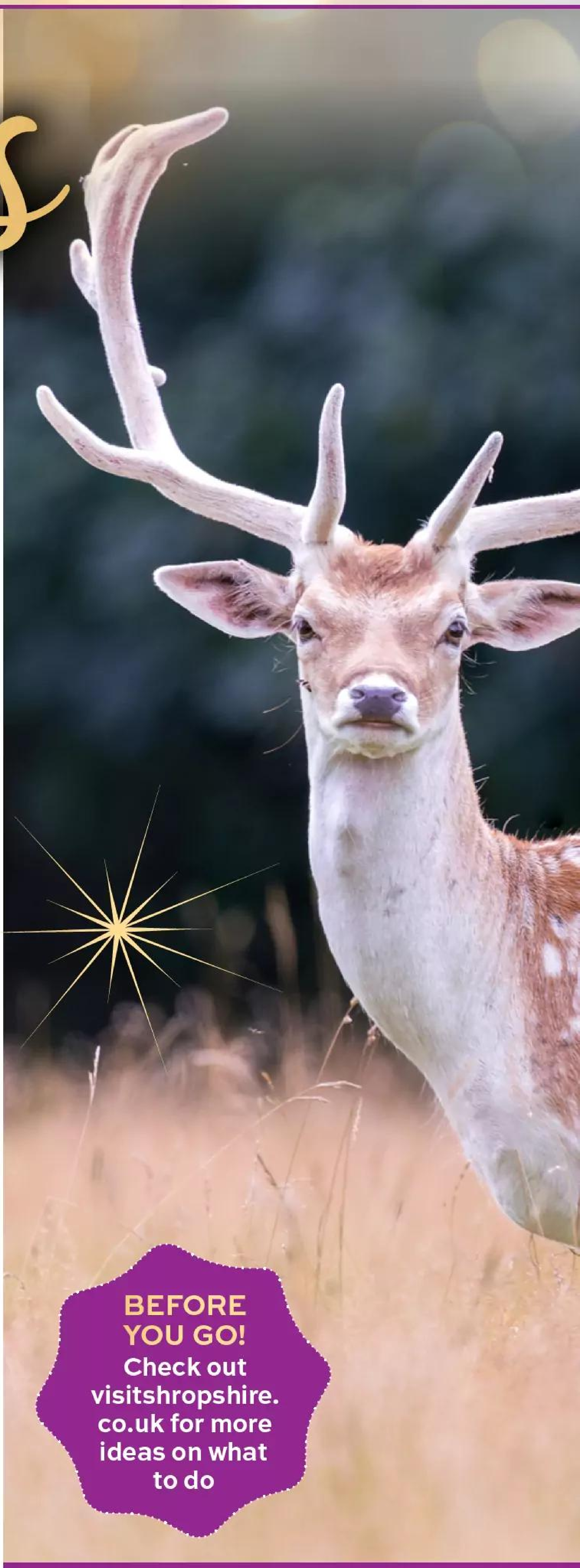
From funny to cute, we're looking for more pets to star in our **'Day in the Life'** series. If you think your animal is the perfect match, email bestpets@hearst.co.uk with details of your pet, plus a series of snaps.*

WORDS: HELEN PIKE *YOUR PICTURES WILL ONLY BE USED ON BEST'S PET PAGE.

Christmas in an English country garden

Part of a cluster of cottages in Shropshire, just seconds from the Welsh border is Marrington Escapes - an ideal base for long leafy walks and cosy pub visits

ED-IN-CHIEF **SIOBHAN WYKES**



BEFORE YOU GO!
Check out visitshropshire.co.uk for more ideas on what to do

TRAVEL SNAPSHOT

Calcot Cottage is tucked away down a country lane within the private Marrington Estate. It's rural so the sat nav is likely to go in and out so I'd suggest arriving in daylight. If you can't be bothered to cook, The Castle Hotel (see food and drink) is my first recommendation for a delicious dinner. You really can't go wrong with any choice. However, if you prefer to make use of the kitchen (where they leave blankets, bowls and treats for your furry friends), there is a large Co-op about a five-minute drive up the road – and yes, they do stock mince pies and Baileys.

There's a warm welcome at this cottage

Your furry friends are guarenteed VIP treatment

INSIDER'S GUIDE

The National Trust owns several places worth visiting in Shropshire. Don't miss the Deer Park at Attingham Park in Shrewsbury (or the 660 shops!), and if you're up for a drive, Chirk Castle in Wrexham, across the border in Wales, was built for Edward I. Visitors can explore its grand interiors, from the medieval Adam Tower to the elegant 18th-century State Rooms.

Your canine pal will love the walks here

PICTURES: GETTY IMAGES, NICKY JOHNSTON

On Comet, on Cupid, on Donna and Blitzen...

GETTING THERE:

Car is the best mode of transport for this remote country break.

STAYING THERE:

Prices are from £955.50 for a four-night stay at Calcot Cottage, which sleeps eight. It's a former farmhouse with a large lounge, kitchen and gorgeous gardens, and there's plenty of room for your pets, plus a hot tub and a toasty fire pit. Ring 01743 234 232 or visit marringtonescapes.com

There are walking paths leading directly from the door and into the estate's 600-acre peaceful ancient woodlands, which are beautiful in all seasons. All of the properties even have a *Traitors* game with a cloak and kit for a modern-day take on the classic murder mystery.

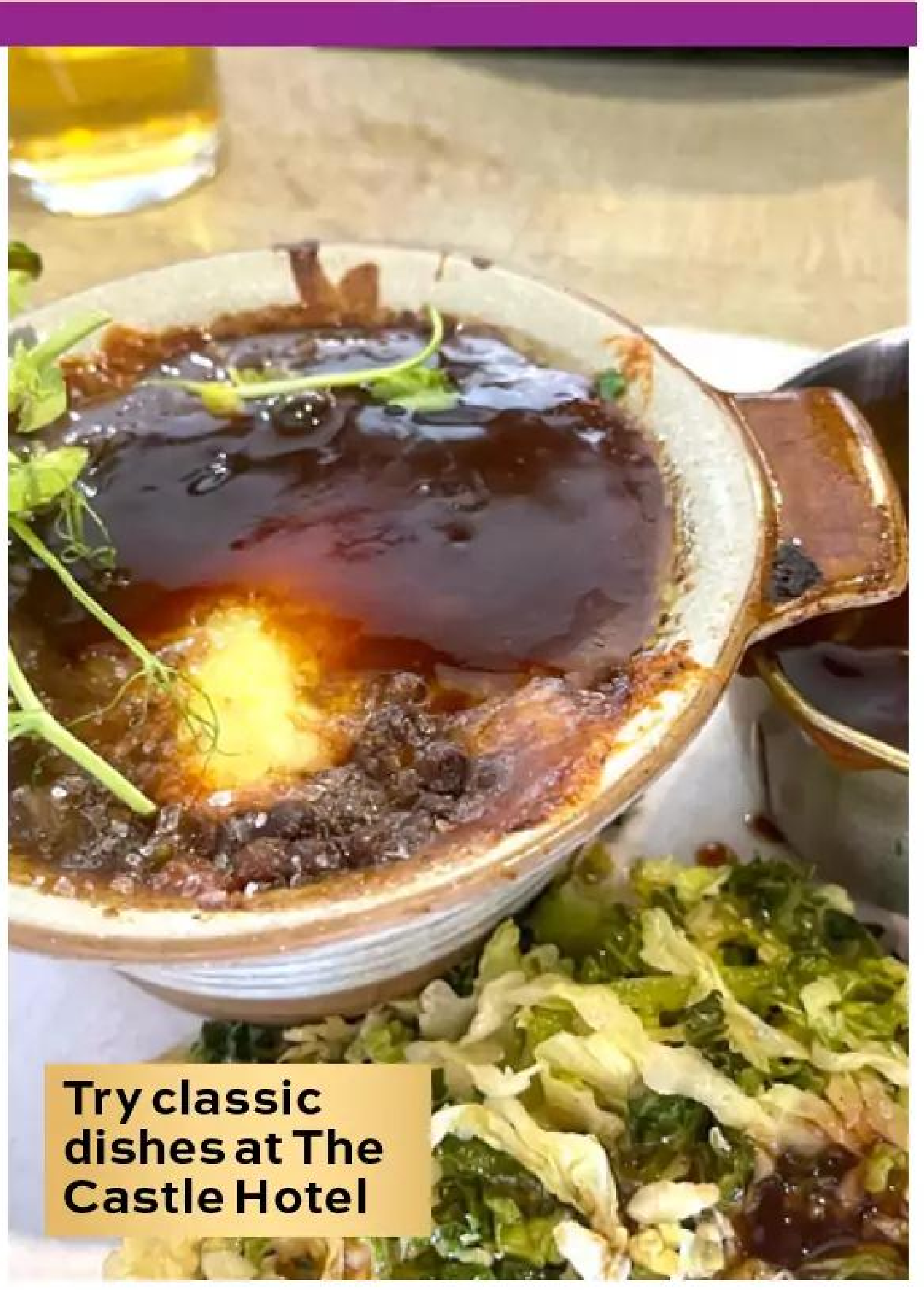
Get festive at Calcot Cottage

DON'T MISS

A night in! With a roaring log fire and – weather permitting – a hot tub, why go out when you can stay in and save £££s? Plus, presumably, you have come to enjoy the peace and quiet that Shropshire offers. Another must-do is a walk around the hilly market town of Bishop's Castle, known for its alternative community of artists, craftspeople and musicians.

FOOD AND DRINK

Don't miss out on lunch or dinner at The Castle Hotel. Welcoming guests since 1719, this lovely old country inn sits at the top of Bishop's Castle and if you want a recommendation, try the most delicious veggie cottage pie or seabass and the sticky toffee pudding. There's a great garden with views out over the Shropshire Hills. Ring 01588 638403 or visit thecastlehotelbishopscastle.co.uk


Try classic dishes at The Castle Hotel

MESSING ABOUT ON THE RIVER

The Sabrina Boat tour leaves from the quay in Shrewsbury, about 15 minutes from the house and they welcome furry friends, so no need to leave them behind. They won't be open again until March 2026. Alternatively, you can pop into the nearby Boathouse pub for a glass – enjoy stunning views of the river and walk around the nearby park, reached by a bridge.

Treat yourself FOR UNDER A TENNER

Deck your tree with a fun bauble

WHAT'S NEW PUSSYCAT
Cat ornament, £3, Flying Tiger

OFF TO SEE THE WIZARD
Ruby Slippers, £5.99, Gisela Graham

UP AND AWAY
Hot air balloon bauble, £6, Sainsbury's

WRAPPED IN BOW
Decoration, £5.99, Dobbies

WHAT'S POPPIN'

HERE FOR THE SNACKS
Popcorn bauble, £8, John Lewis

WHAT A PUDDING
Bauble, £6.50, Sass and Belle

CALL HOME
Phonebox decoration, £4.99, Dobbies

COCKTAIL HOUR
Martini bauble, £3, Flying Tiger

Merry Knitmas

XMAS KNIT
Bauble, £5, M&S

HOT DOG!
Dachshund, £3, Flying Tiger

DRIVING HOME FOR CHRISTMAS
Car, £5, Dobbies

CANDY COATED
Candy cane decorations, £2.49 for 6, Home Bargains

SAY CHEESE!
Ornament, £8, M&S

SANTA CALLING
Retro Father Christmas, £9.99 for 4, Amazon

WORDS: LARA NUGENT PICTURE: GETTY IMAGES

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We're here because you were there

LAND'S END
1975
WOLF ROCK LIGHTHOUSE 8
JOHN-O-GROATS 874
SCILLY ISLES 28
LONGSHIPS LIGHTHOUSE 1½
WALSALL 289
29TH JULY

All photos from Boom Radio listeners

BOOMradio

DAB+ and **'Alexa, play Boom Radio'**

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What's
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LAUREN'S DEVASTATING MISTAKE!
CINDY LEFT FOR DEAD!
ON SALE EVERY TUESDAY!